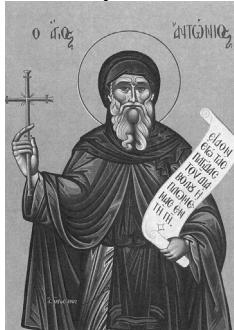


Orthodox Daily Prayers

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First Edition: January 2008

DEDICATED TO
The Father of Monasticism



***Our Venerable and God-bearing Father
Anthony the Great
(+January 17)***

Troparion to St. Anthony

*O Father Anthony,
By your zeal you equalled Elijah;
You imitated the life of John the Baptist;
You founded a city in the wilderness;
You established the Church on the firm foundation of your prayers.
Pray to Christ our God
That our souls may be saved.*

Kontakion to St. Anthony

*You rejected the cares of this world
Fulfilling your life in meekness,
Imitating the Forerunner in righteousness:
Together with him we honor you,
O Father of fathers, Anthony.*

May God Grant that our life of prayer emulates that of St. Anthony!

Note to the User

It is good to always be struggling towards a greater understanding of the wondrous mystery of our salvation. Prayer is one of the great arenas in which this struggle takes place. The historic prayers of the Church express many great truths – about Herself, about us as individual Christians, about our Lord and His will for us. For this reason, we are taught to use these prayers, to make their voice our voice, so that we can properly approach God’s presence and worship Him.

This prayer book includes a thorough set of morning, mid-day, and evening prayers. These follow a form that is in common use in the Antiochian Orthodox Christian Archdiocese of North America. Each service is designed such that all of the prayers are to be prayed every day unless they have parentheses following the title of the prayer. Inside the parentheses is an abbreviation of the day of the week on which that particular prayer is to be said (i.e., Sn=*Sunday*; M=*Monday*; Tu=*Tuesday*; W=*Wednesday*; Th=*Thursday*; F=*Friday*; and St=*Saturday*).

One may, of course, pray all of the prayers every day if he wishes, but it is better to begin a Rule of Prayer simply, using those prayers assigned for the day of the week. Then as one grows spiritually and becomes more disciplined in prayer, perhaps including some or all of the other prayers may be good. If one doesn’t start simply, it is easy to become discouraged and quit praying all together.

This collection also contains certain elements that can be included in the daily prayers as desired and as appropriate. These occasional elements include

daily and festal apolytikia and troparia (short, poetic hymns dedicated to a particular day or feast) and a general prayer of intercession. Also included are prayers commonly said before and after meals and prayers offered in preparation before and in thanksgiving after communion.

This is really just a small representation of the beautiful, historical prayers of the Church. But it is a good example of what the healthy, normal prayer life of an Orthodox Christian should look like.

I hope this little booklet is a blessing to you. Please remember me in your prayers. And may St. Anthony remember all of us!

Dcn. David B. Keim

January 22, 2008

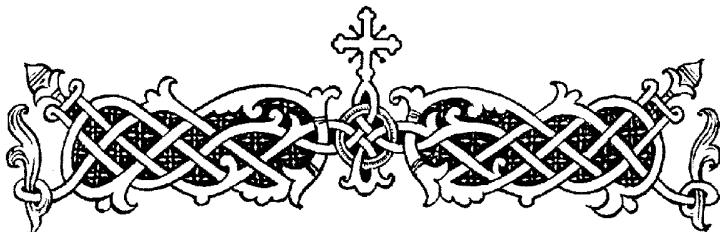
Cary, North Carolina



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MORNING PRAYERS

Having awakened, arise from your bed and go to your icon corner without laziness. Silently light your candles (if you wish, light charcoal in your incense burner and place incense in it), and reverence the icons. Afterwards, stand in silence for a few moments until all your senses are calmed. At that point, make three prostrations, saying:

O Lord, Jesus Christ, Son of God, have mercy on me, a sinner.

Then make the Sign of the Cross, saying:

IN the Name of the Father and of the Son and of the Holy Spirit. Amen.

The Trisagion Prayers

GLORY TO THEE, our God, glory to thee.

O HEAVENLY KING, O Comforter, the Spirit of truth, who art in all places and fillest all things: Treasury of good things and Giver of life: Come and dwell in us and cleanse us from every stain, and save our souls, O gracious Lord.

HOLY GOD, Holy Mighty, Holy Immortal: have mercy on us. (*3 times*)

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

ALL-HOLY TRINITY, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God visit and heal our infirmities for thy Name's sake.

LORD, have mercy. (*3 times*)

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

OUR FATHER, who art in heaven, hallowed be thy Name; thy kingdom come; thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

If there is a priest, he adds the usual exclamation "For Thine is the kingdom ..." Otherwise continue as follows:

HAVING arisen from sleep, we fall down before thee, O Blessed One, and sing to thee, O Mighty One, the Angelic Hymn: Holy, holy, holy art thou, O God. Through the Theotokos have mercy on us.

GLORY to the Father, and to the Son, and to the Holy Spirit:

FROM my bed and sleep thou hast raised me: O Lord, enlighten my mind and my heart, and open my lips that I may praise thee, O Holy Trinity: Holy, holy, holy art thou, O God. Through the Theotokos have mercy on us.

BOTH now and ever, and unto ages of ages. Amen.

SUDDENLY the Judge shall come, and the deeds of each shall be revealed: but with fear we cry out in the middle of the night: Holy, holy, holy art thou, O God. Through the Theotokos have mercy on us.

LORD, have mercy. (12 times)

A Prayer to the Holy Trinity

ARISING from sleep I thank thee, O holy Trinity, because of the abundance of thy goodness and long-suffering thou wast not wroth with me, slothful and sinful as I am; neither hast thou destroyed me in my transgressions: but in thy compassion raised me up as I lay in despair; that at dawn I might sing

the glories of thy Majesty. Do thou now enlighten the eyes of my understanding, open my mouth to receive thy words, teach me thy commandments, help me to do thy will, and confessing thee from my heart, singing and praising thine All-holy Name: of the Father and of the Son and of the Holy Spirit, now and ever, and unto ages of ages. Amen.

O COME, let us worship and fall down before God our King. (*metania*)

O COME, let us worship and fall down before Christ, our King and our God. (*metania*)

O COME, let us worship and fall down before the very Christ, our King and our God. (*metania*)

Psalm 50 (Tu, Th, Sa)

HAVE mercy upon me, O God, according to thy great mercy: according to the multitude of thy tender mercies blot out mine iniquity. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I acknowledge mine iniquity: and my sin is ever before me. Against thee only have I sinned, and done evil in thy sight: that thou mightest be justified in thy words, and prevail when thou art judged. For behold, I was shapen in iniquity: and in sin did my mother conceive me. For behold, thou hast loved truth: the unclear and hidden things of thy wisdom thou hast made clear to me. Thou shalt sprinkle me with hyssop, and I shall be clean: thou shalt wash me, and I shall be whiter than snow. Thou shalt make me to hear joy and gladness: the bones which thou hast broken shall rejoice. Turn away thy face from my sins, and blot out all my iniquities. Create in me a clean heart, O God: and renew a right spirit within me. Cast me not away from thy presence: and take not thy holy spirit from me. Restore unto me the joy of thy salvation: and steady me with a guiding spirit. Then will I teach transgressors thy ways: and the impious shall be converted unto thee. Deliver me from

blood guiltiness, O God, thou God of my salvation: and my tongue shall sing aloud of thy righteousness. O Lord, open thou my lips: and my mouth shall declare thy praise. For hadst thou desired sacrifice, I would have given it thee: thou delightest not in burnt offerings. Sacrifices to God are a contrite spirit: a contrite and humble heart, O God, thou wilt not despise. Do good, O Lord, in thy good will unto Zion: that the walls of Jerusalem may be built up. Then shalt thou be pleased with the sacrifice of righteousness, with burnt offering and whole burnt offerings: then shall they offer bullocks upon thine altar.

The Symbol of Faith (M, W, F)

I BELIEVE in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible; And in one Lord Jesus Christ, the Son of God, the Only-begotten, Begotten of the Father before all worlds, Light of Light, Very God of Very God, Begotten, not made; of one essence with the Father, by whom all things were made: Who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and was made man; And was crucified also for us under Pontius Pilate, and suffered and was buried; And the third day He rose again, according to the Scriptures; And ascended into heaven, and sitteth at the right hand of the Father; And He shall come again with glory to judge the quick and the dead, Whose kingdom shall have no end. And I believe in the Holy Spirit, the Lord, and Giver of Life, Who proceedeth from the Father, Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets; And I believe in One, Holy Catholic and Apostolic Church. I acknowledge one Baptism for the remission of sins. I look for the Resurrection of the dead, And the Life of the world to come. Amen.

1st Prayer, of Saint Macarius the Great (M)

O GOD, cleanse me, a sinner, for I have never done anything good in thy sight. Deliver me from the evil one, and may thy will be in me, that I may open my unworthy lips without condemnation and praise thy holy Name, of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

2nd Prayer, of Saint Macarius the Great (M)

HAVING risen from sleep, I offer thee, O Savior, the midnight song, and fall down and cry unto thee: grant me not to fall asleep in the death of sin, but have compassion upon me, O thou who wast voluntarily crucified and hasten to raise me who am prostrate in idleness, and save me in prayer and intercession, and after the night's sleep, bless me with a sinless day, O Christ our God, and save me.

3rd Prayer, of Saint Macarius the Great (M)

HAVING risen from sleep, I hasten to thee, O Lord, for thou lovest mankind, and by thy loving-kindness I strive to do thy works, and I pray to thee: help me at all times, in everything, and deliver me from every evil thing of the world and every attack of the devil, and lead me into thine eternal kingdom. For thou art my Creator, the Giver and Protector of everything good, and all my hope is in thee. And to thee I send up glory, now and ever and unto ages of ages. Amen.

4th Prayer, of Saint Macarius the Great (Tu)

O LORD, who in thine abundant goodness and thy great compassion hast granted me, thy servant, to pass the time of this night without the temptation of any opposing evil, Lord and Creator of all, by thy true light and with an

enlightened heart grant me to do thy will, now and ever and unto ages of ages. Amen.

5th Prayer, of Saint Macarius the Great (Tu)

ALMIGHTY Lord God, who dost receive from thy heavenly powers the thrice holy hymn, receive also from me thine unworthy servant, this song of the night, and grant me every year of my life and at every hour to send up glory to thee, Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen.

6th Prayer, of Saint Basil the Great (W)

ALMIGHTY Lord, God of the powers of all flesh, who livest in the highest and carest for the humble, who searchest our hearts and affections, and clearly foreknowest the secrets of men; eternal and everlasting Light, in whom is no change nor shadow of variation; O immortal King, receive our prayers which at the present time we offer to thee from unclean lips, trusting in the multitude of thy mercies. Forgive all sins committed by us in thought, word, or deed, consciously or unconsciously, and cleanse us from all defilement of flesh and spirit. Grant us to pass the night of the whole present life with wakeful heart and sober thought, ever expecting the coming of the radiant day of the appearing of thine only-begotten Son, our Lord and God and Savior Jesus Christ, when the judge of all will come with glory to render to each according to their deeds. May we not be found fallen and idle, but awake and alert for action, ready to accompany him into the joy and divine palace of his glory, where there is the ceaseless sound of those keeping festival and the unspeakable delight of those who behold the ineffable beauty of thy face. For thou art the true light that enlightens and sanctifies all, and all creation sings to thee throughout the ages. Amen.

7th Prayer, of Saint Basil the Great (Th)

WE bless thee, most high God and Lord of mercies, who ever dost great and unfathomable things for us, glorious and awesome things without number. Thou givest sleep for the repose of our frailty, relieving the labors of our over-burdened flesh. We thank thee for not destroying us in our lawlessness. Instead, thou hast shown thy usual love for mankind and raised us, as we lay in despair, to glorify thy power. Therefore we implore thy boundless goodness: enlighten our thoughts and eyes and awaken our minds from the heavy sleep of laziness. Open our lips and fill them with thy praise, that we may unwaveringly hymn and confess thee, the God glorified in all and by all, the Father without beginning, with thine only-begotten Son and thine all-holy and good and life-giving Spirit, now and ever and unto ages of ages. Amen.

8th Prayer, to our Lord Jesus Christ (F)

MY most merciful and all-merciful God, Lord Jesus Christ, through thy great love thou didst come down and take flesh to save all. And again, O Savior, save me by thy grace, I pray thee, for if thou shouldst save me by my works, this would not be grace of a gift, but rather a duty. Indeed, in thine infinite compassion and unspeakable mercy, thou, O my Christ, hast said: "Whoever believes in me shall live and never see death." If faith in thee saves the desperate, save me for thou art my God and Creator. Impute my faith instead of deeds, O my God, for thou wilt find no deeds which could justify me, but may my faith suffice for all my deeds. May it answer for and acquit me, and may it make me a partaker of thine eternal glory. And may Satan not seize me, O Word, and boast that he has torn me from thy hand and fold. O Christ my Savior, whether I will or not, save me. Make haste, quick, quick, for I perish! Thou art my God from my mother's womb. Grant me, O Lord, to love thee now, as once I loved sin, and also to work for thee without idleness,

as I worked before by deceptive Satan. But supremely shall I work for thee, my Lord and God, Jesus Christ, all the days of my life, now and ever and unto ages of ages. Amen.

9th Prayer, to the Guardian Angel (Sa)

O HOLY angel, who stands by my wretched soul and my passionate life; do not abandon me, a sinner, neither depart from me because of my lack of self-control. Leave no room for the evil demon to gain control of me through the violence of this mortal body. Strengthen my weak and feeble hand, and instruct me in the path of salvation. O holy angel of God, the guardian and protector of my wretched soul and body, forgive all the sorrows I have caused thee every day of my life. If I have sinned in this past night, protect me during this day. Keep me from every adverse temptation, that I may not anger God by any sin. Pray to the Lord for me, that he may establish me in his fear and make me, his servant, worthy of his goodness. Amen.

10th Prayer, to the Most Holy Theotokos (Sa)

O MOST holy Theotokos, my Lady, through thy holy and all-powerful prayers, turn away from me, thy humble and unworthy servant, despair, forgetfulness, unreasonable-ness, indifference, and all unclean, evil, and blasphemous thoughts from my wretched heart and darkened mind. Extinguish the flame of my passions, for I am poor and wretched. Deliver me from my numerous and wicked memories and fantasies. Free me from all evil acts, for thou art blessed by all generations, and thy most honorable name is glorified unto ages of ages. Amen.

REJOICE, O Virgin Theotokos, Mary full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, for thou hast borne the Savior of our souls.

Supplications for Intercession

O HEAVENLY hosts of holy Angels and Archangels, pray for us sinners. O glorious Apostles, Prophets, Martyrs, and all Saints, pray for us sinners.

The troparion of your parish may be said here, or any other troparia that you are accustomed to adding.

PRAY to God for me O holy N (*invoke your patron Saint*), for with fervor I turn to thee, who art the speedy helper and intercessor for my soul.

Prayer of Intercession

Prayers of Intercession may be inserted here using THE GENERAL INTERCESSION (p. 36).

The Readings

The assigned texts from the Scriptures and/or the writings of the Fathers may be read now, if it is desired to read them during the Morning Prayers.

Conclusion

The troparion for the day of the week may be said here (i.e., the resurrectional apolytikion for the tone of the week on Sundays, p. 29; the daily troparion on weekdays, p. 31; the festal troparion during festal periods, p. 32). If known, the troparion for the Saint whose feast it is may also be said now.

O LORD, save thy people, and bless thine inheritance, grant victory to Orthodox Christians over their adversaries, and by the power of thy Cross, preserve thine estate.

IT is truly meet to bless thee, O Theotokos, who art ever blessed and all blameless and the Mother of our God. More honorable than the Cherubim and more glorious beyond compare than the Seraphim, thou who without stain barest God the Word, and art truly Theotokos, we magnify thee.

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

LORD, have mercy. (*3 times*)

O LORD Jesus Christ, the Son of God, through the intercessions of thine immaculate Mother, of Saint *N* (*your patron Saint*), and of all thy Saints, have mercy upon us and save us, for thou art a merciful God, and lovest mankind. Amen.

A Prayer of Saint Philaret of Moscow

This prayer may be said at the end of the morning prayers outside of Great Lent.

O LORD, grant me to greet the coming day in peace and spiritual tranquility. Help me in all things to rely upon thy holy will. In every hour of the day reveal thy will to me. Bless my dealings with all who surround me. Teach me to treat all that comes to me throughout the day with peace of soul, and with firm conviction that thy will governs all. In all my deeds and words, guide my thoughts and feelings. In unforeseen events let me not forget that all are sent by thee. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me strength to bear the fatigue of the coming day with all that it shall bring. Direct my will, teach me to pray, pray thou thyself in me. Amen.

The Prayer of Saint Ephraim the Syrian

This prayer is used on the weekdays of Great Lent.

O LORD and Master of my life, take from me the spirit of sloth, despair, lust of power and idle talk. (*prostration*)

But grant rather the spirit of chastity, humility, patience and love to thy servant. (*prostration*)

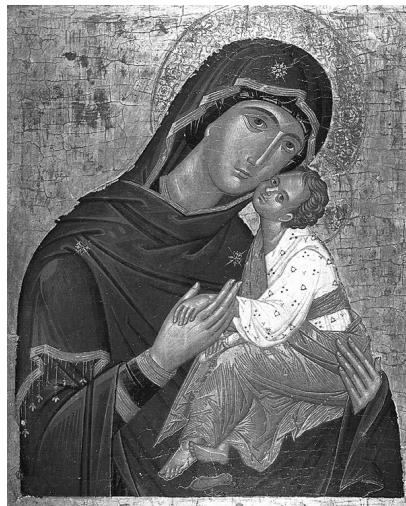
Yea, O Lord and King, grant me to see my own transgressions and not to judge my brother, for blessed art thou unto ages of ages. Amen. (*prostration*)

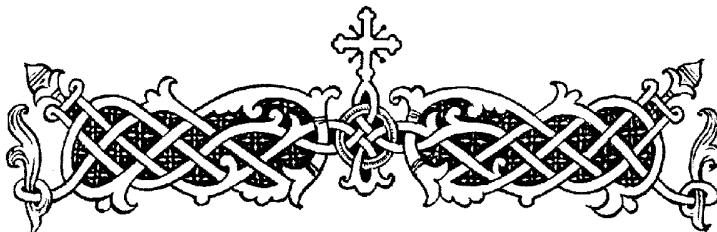
O God, cleanse me a sinner. (*12 times with metanias*)

Then the entire Prayer of Saint Ephraim is said without the prostrations and a single prostration is made at the end.

Ending

THROUGH the prayers of our Holy Fathers, O Lord Jesus Christ our God, have mercy upon us and save us. AMEN.





MID-DAY PRAYERS

Silently light your candles (if you wish, light charcoal in your incense burner and place incense in it), and reverence the icons. Afterwards, stand in silence for a few moments until all your senses are calmed. At that point, make three prostrations, saying:

O Lord, Jesus Christ, Son of God, have mercy on me, a sinner.

Then make the Sign of the Cross, saying:

IN the Name of the Father and of the Son and of the Holy Spirit. Amen.

The Trisagion Prayers

GLORY TO THEE, our God, glory to thee.

O HEAVENLY KING, O Comforter, the Spirit of truth, who art in all places and fillest all things: Treasury of good things and Giver of life: Come and dwell in us and cleanse us from every stain, and save our souls, O gracious Lord.

HOLY GOD, Holy Mighty, Holy Immortal: have mercy on us. (*3 times*)

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

ALL-HOLY TRINITY, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God visit and heal our infirmities for thy Name's sake.

LORD, have mercy. (*3 times*)

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

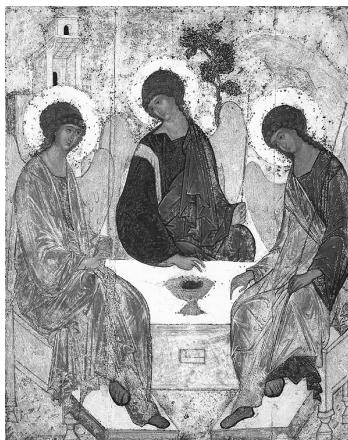
OUR FATHER, who art in heaven, hallowed be thy Name; thy kingdom come; thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

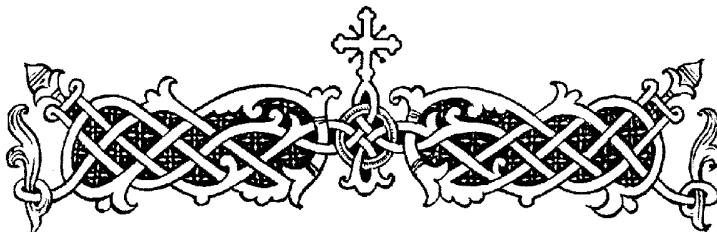
If there is a priest, he adds the usual exclamation. Otherwise continue as follows:

O CHRIST our God, who at this hour didst stretch out thy loving arms upon the Cross that all men might be gathered unto thee, help us and save us who cry out unto thee: Glory to thee, O Lord.

Then add your private devotions and intercessions, and conclude with this prayer:

THROUGH the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy upon us and save us. AMEN.





EVENING PRAYERS

Silently light your candles (if you wish, light charcoal in your incense burner and place incense in it), and reverence the icons. Afterwards, stand in silence for a few moments until all your senses are calmed. At that point, make three prostrations, saying:

O Lord, Jesus Christ, Son of God, have mercy on me, a sinner.

Then make the Sign of the Cross, saying:

IN the Name of the Father and of the Son and of the Holy Spirit. Amen.

The Trisagion Prayers

GLORY TO THEE, our God, glory to thee.

O HEAVENLY KING, O Comforter, the Spirit of truth, who art in all places and fillest all things: Treasury of good things and Giver of life: Come and dwell in us and cleanse us from every stain, and save our souls, O gracious Lord.

HOLY GOD, Holy Mighty, Holy Immortal: have mercy on us. (*3 times*)

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

ALL-HOLY TRINITY, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God visit and heal our infirmities for thy Name's sake.

LORD, have mercy. (*3 times*)

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

OUR FATHER, who art in heaven, hallowed be thy Name; thy kingdom come; thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

If there is a priest, he adds the usual exclamation. Otherwise continue as follows:

Now that the day hath come to a close, I thank thee, O Lord, and I ask that the evening, with the night, may be sinless. Grant this to me, O Saviour, and save me.

GLORY to the Father, and to the Son, and to the Holy Spirit:

Now that the day hath passed, I glorify thee, O Master, and I ask that the evening, with the night, may be without offence; grant this to me, O Saviour, and save me.

BOTH now and ever, and unto ages of ages. Amen.

Now that the day hath run its course, I praise thee, O Holy One, and I ask that the evening, with the night, may be undisturbed; grant this to me, O Saviour, and save me.

LORD, have mercy. (12 times)

The Symbol of Faith

I BELIEVE in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible; And in one Lord Jesus Christ, the Son of God, the Only-begotten, Begotten of the Father before all worlds, Light of Light, Very God of Very God, Begotten, not made; of one essence with the

Father, by whom all things were made: Who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and was made man; And was crucified also for us under Pontius Pilate, and suffered and was buried; And the third day He rose again, according to the Scriptures; And ascended into heaven, and sitteth at the right hand of the Father; And He shall come again with glory to judge the quick and the dead, Whose kingdom shall have no end. And I believe in the Holy Spirit, the Lord, and Giver of Life, Who proceedeth from the Father, Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets; And I believe in One, Holy Catholic and Apostolic Church. I acknowledge one Baptism for the remission of sins. I look for the Resurrection of the dead, And the Life of the world to come. Amen.

Prayer of the Hours (Su)

O CHRIST our God, who at all times and in every hour in heaven and on earth, art worshipped and glorified; who art long-suffering, merciful and compassionate; who loves the just and shovest mercy upon the sinners; who callest all to salvation through the promise of blessings to come; O Lord in this hour, receive our supplications, and direct our lives according to thy commandments. Sanctify our souls, hallow our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulation, evil and distress. Encompass us with thy holy Angels, that guided and guarded by them, we may attain to the unity of the faith and to the knowledge of thine unapproachable glory, for thou art blessed unto ages of ages. Amen.

**Prayer of Saint Macarius the Great
To God the Father (M)**

O ETERNAL God and King of all creation, who hast granted me to arrive at this hour, forgive me the sins that I have committed today in thought, word,

and deed, and cleanse, O Lord, my humble soul from all defilement of flesh and spirit. And grant me, O Lord, to pass the sleep of this night in peace, that when I rise from my bed, I may please thy most holy Name all the days of my life and conquer my flesh and the fleshless foes that war with me. And deliver me, O Lord, from vain and frivolous thoughts, and from evil desires which defile me. For thine is the kingdom, the power, and the glory, of the Father, Son, and Holy Spirit, now and ever and unto ages of ages. Amen.

Prayer of Saint Antioch to Christ (M)

O RULER of all, Word of the Father, Jesus Christ, thou who art perfect, never in thy great mercy leave me, but ever abide in me, thy servant. O Jesus, Good Shepherd of thy sheep, deliver me not to the revolt of the servant and leave me not to the will of Satan, for the seed of corruption is in me. Lord, God whom we adore, holy King, Jesus Christ, guard me asleep by the unwaning light, thy Holy Spirit, by whom thou didst sanctify thy disciples. O Lord, grant me, thine unworthy servant, thy salvation on my bed. Enlighten my mind with the light of understanding of thy holy Gospel. Enlighten my heart with the purity of thy Word. Enlighten my body with thy passionless Passion. Keep my thoughts in thy humility. And rouse me in good time to glorify thee, for thou art supremely glorified, with thine eternal Father and thy most Holy Spirit for ever. Amen.

**Prayer of Saint Ephraim the Syrian
To the Holy Spirit (Tu)**

O LORD, heavenly King, Comforter, Spirit of Truth, have compassion and mercy on thy servant and pardon my unworthiness, and forgive me all the sins that I humanly committed today, and not only humanly but even worse than a beast -my voluntary sins, known and unknown, from my youth and from evil suggestions, and from my brazenness, and from boredom. If I have

sworn by thy name or blasphemed it in thought, blamed or reproached anyone, or in my anger have detracted or slandered anyone, or grieved anyone, or if I have become angry about anything, or have told a lie, if I have slept unnecessarily, or if a beggar has come to me and I despised or neglected him, or if I have troubled my brother or quarreled with him, or if I have condemned anyone, or have boasted, or have been proud, or lost my temper with anyone, or if when standing in prayer my mind has been distracted by the glamour of this world, or if! have had depraved thoughts, or have overeaten or have drunk excessively, or have laughed frivolously, or have thought evil, or have seen the attraction of someone and been wounded by it in my heart, or said indecent things, or made fun of my brother's sin when my own faults are countless, or been neglectful of prayer, or have done some other wrong that I cannot remember—for I have done all this and much more—have mercy, my Lord and Creator, on me, thy wretched and unworthy servant, and absolve and forgive and deliver me in thy goodness and love for men, so that lustful, sinful, and wretched as I am, I may lie down and sleep and rest in peace. And I shall worship, praise, and glorify thy most honorable Name, with the Father and his only begotten Son, now and ever and for all ages. Amen.

A Prayer for Forgiveness (W)

O LORD our God, in thy goodness and love for men forgive me all sins I have committed today in word, deed, or thought. Grant me peaceful and undisturbed sleep. Send thy guardian angel to guard and protect me from all evil. For thou art the guardian of souls and bodies, and unto thee we ascribe glory, to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

A Prayer (W)

O LORD our God, in whom we believe and whose Name we invoke above every name, grant us preparing for sleep, relaxation of soul and body, and keep us from all temptations and dark pleasures. Stop the rushing of passions and quench the burning of bodily tensions. Grant us to live chastely in word and act, that we may live a life of heroic virtue and not fall away from thy promised blessings. For thou art blessed forever. Amen.

A Prayer of Saint John Chrysostom (Th)

Supplicatory prayers corresponding to the twenty-four hours of the day.

DAY

Lord, deprive me not of thy heavenly joys.

Lord, deliver me from eternal torments.

Lord, if I have sinned in mind or thought, in word or deed, forgive me.

Lord, deliver me from all ignorance, forgetfulness, cowardice, and stony insensibility.

Lord, deliver me from every temptation.

Lord, enlighten my heart, which evil desires have darkened.

Lord, I, being a human, have sinned; but thou, being the generous God, have mercy on me, knowing the sickness of my soul.

Lord, send thy grace to my help that I may glorify thy holy Name.

Lord Jesus Christ, write me, thy servant, in the book of life and grant me a good end.

Lord my God, even though I have done nothing good in thy sight, yet grant me by thy grace to make a good start.

Lord, sprinkle into my heart the dew of thy grace.

Lord of heaven and earth, remember me, thy sinful servant, shameful and unclean, in thy kingdom. Amen.

NIGHT

Lord, accept me in penitence.

Lord, leave me not.

Lord, lead me not into temptation.

Lord, grant me good thoughts.

Lord, grant me tears, the remembrance of death and compunction.

Lord, grant me the thought of confessing my sins.

Lord, grant me humility, chastity, and obedience.

Lord, grant me patience, courage, and meekness.

Lord, plant in me the root of all blessings, the fear of thee in my heart.

Lord, grant me to love thee with all my mind and soul, and always to do thy will.

Lord, protect me from certain people and demons and passions and from every other harmful thing.

Lord thou knowest that thou actest as thou wilt; may thy will also be in me, a sinner, for blessed art thou forever. Amen.

Prayer to Our Lord Jesus Christ (F)

O LORD Jesus Christ, Son of God, for the sake of thy most honorable Mother, thy fleshless angels, thy prophet and forerunner and baptizer John, all the God-inspired apostles, the radiant and victorious martyrs, the holy and God-bearing Fathers, and by the prayers of all saints, deliver me from the besetting presence of the devil. My Lord and Creator, who desirest not the death of the sinner but that he should be converted and live, grant also conversion to me, wretched and unworthy; snatch me from the jaws of the pernicious serpent, who is ravening to devour me and drag me down to hell alive. My Lord, my comfort, who was clothed in corruptible flesh for my miserable soul, deliver me from misery and grant comfort to my miserable

soul. Implant in my heart to fulfill thy commandments, to forsake my evil deeds, and to receive thy joys. Save me, for I hope in thee, O Lord. Amen.

**Prayer of Intercession
To the Most Holy Theotokos (F)**

O GOOD Mother of the good King, most pure and blessed Virgin Mary, pour out the mercy of thy Son and our God on my passionate soul and guide me in good works by thy prayers, that I may pass the rest of my life without defilement and find paradise through thee, O Virgin Mother of God, who alone art pure and blessed.

**Prayer of Intercession
To one's Guardian Angel**

O ANGEL of Christ, my holy guardian and protector of my soul and body, forgive me all my sins of today. Deliver me from all the wiles of the enemy, that I may not anger my God by any sin. Pray for me, the sinful and unworthy servant, that thou mayest present me worthy of the kindness and mercy of the all-holy Trinity, and the mother of my Lord Jesus Christ, and of all the Saints. Amen.

Hymns to the Mother of God

To thee, the champion leader, we thy servants ascribe thank-offerings of victory. For thou hast delivered us from terrors, O Theotokos; but as thou hast power which is invincible, from all dangers set us free, that we may cry out to thee: Rejoice, O bride without bridegroom!

MOST glorious, ever-virgin, blessed Mother of Christ our God, present our prayer to thy Son and our God, and pray that through thee he may save our souls.

I PUT all my hope in thee, O Theotokos. Guard me under thy protection.

O VIRGIN Mother of God, despise not me, a sinner, needing thy help and protection, and have mercy on me, for my soul hopes in thee.

Then examine your conscience, asking forgiveness for all those things wherein you have sinned

O LORD, our God, if during this day I have sinned, whether in word or deed or thought, forgive me all, for thou art good and lovest mankind. Grant me peaceful and undisturbed sleep, and deliver me from all influence and temptation of the evil one. Raise me up again in proper time that I may glorify thee, for thou art blessed, with thine only-begotten Son and thine all-holy Spirit, now and ever and unto ages of ages. Amen.

Here add your own private devotions, entreating the Lord in your own words.

The Readings

The assigned texts from the Scriptures and/or the writings of the Fathers may be read now, if it is desired to read them during the Evening Prayers.

Conclusion

The troparion of your parish may be said here, or any other troparia that you are accustomed to adding (e.g., the resurrectional apolytikion for the tone of the week on Sundays, p. 29; the daily troparion on weekdays, p. 31; the festal troparion during festal periods, p. 32).

O LORD, save thy people, and bless thine inheritance, grant victory to Orthodox Christians over their adversaries, and by the power of thy Cross, preserve thine estate.

IT is truly meet to bless thee, O Theotokos, who art ever blessed and all blameless and the Mother of our God. More honorable than the Cherubim and more glorious beyond compare than the Seraphim, thou who without stain barest God the Word, and art truly Theotokos, we magnify thee.

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

LORD, have mercy. (*3 times*)

O LORD Jesus Christ, the Son of God, through the intercessions of thine immaculate Mother, of Saint N (*your patron Saint*), and of all thy Saints, have mercy upon us and save us, for thou art a merciful God, and lovest mankind. Amen.

The Prayer of Saint Ephraim the Syrian

This prayer is used on the weekdays of Great Lent.

O LORD and Master of my life, take from me the spirit of sloth, despair, lust of power and idle talk. (*prostration*)

But grant rather the spirit of chastity, humility, patience and love to thy servant. (*prostration*)

Yea, O Lord and King, grant me to see my own transgressions and not to judge my brother, for blessed art thou unto ages of ages. Amen. (*prostration*)

O God, cleanse me a sinner. (*12 times with metanias*)

Then the entire Prayer of Saint Ephraim is said without the prostrations and a single prostration is made at the end.

Ending

THROUGH the prayers of our Holy Fathers, O Lord Jesus Christ our God, have mercy upon us and save us. Amen.

Before Going To Sleep

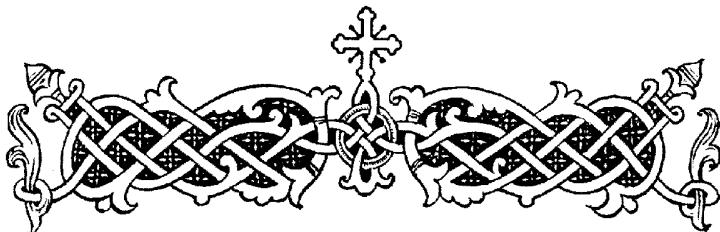
Kiss your cross and icon, make the sign of the Cross over your bed, from head to foot and from side to side, saying:

GUARD me, O Lord, by the power of thy holy and life-giving Cross, and keep me from all evil.

Just before yielding yourself to sleep, say:

INTO thy hands, O Lord, I commend my soul and my body. Do thou thyself bless me, have mercy on me, and grant me life eternal. Amen.





MEAL-TIME PRAYERS

Breakfast

BEFORE

ALL-HOLY TRINITY, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God visit and heal our infirmities for thy Name's sake.

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

LORD, have mercy. (*3 times*)

If a priest is present the people say, "Father, bless!" and he says the blessing, otherwise anyone may say the blessing.

O CHRIST our God, bless the food and drink of thy servants, for thou art holy, always, now and ever, and unto ages of ages. Amen.

AFTER

MORE honorable than the cherubim and more glorious beyond compare than the seraphim, thou who without stain bearest God the Word and art truly Theotokos: We magnify thee.

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

LORD, have mercy. (*3 times*)

If a priest is present he says the following prayer, otherwise it may be said by anyone.

GOD is with us through his grace and love for mankind, always now and ever, and unto ages of ages. Amen.

Lunch

BEFORE

OUR Father, who art in heaven, hallowed be thy Name; thy kingdom come; thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

LORD, have mercy. (3 times)

If a priest is present the people say, "Father, bless!" and he says the blessing, otherwise anyone may say the blessing.

O CHRIST our God, bless the food and drink of thy servants, for thou art holy, always, now and ever, and unto ages of ages. Amen.

AFTER

WE thank thee, O Christ our God, for thou hast satisfied us with thine earthly blessings. Deprive us not of thy Heavenly Kingdom, but as thou camest among thy disciples, O Savior, giving them peace, so come to us and save us!

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

LORD, have mercy. (*3 times*)

If a priest is present he says the following prayer, otherwise it may be said by anyone.

BLESSED is God, who has had mercy on us and fed us from his rich gifts, through his grace and love for mankind, always now and ever, and unto ages of ages. Amen.

Supper

BEFORE

THE poor shall eat and be satisfied, and those who seek the Lord shall praise him; their hearts shall live forever!

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

LORD, have mercy. (*3 times*)

If a priest is present the people say, "Father, bless!" and he says the blessing, otherwise anyone may say the blessing.

O CHRIST our God, bless the food and drink of thy servants, for thou art holy, always, now and ever, and unto ages of ages. Amen.

AFTER

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

THY womb became a Heavenly Table, bearing the Heavenly Bread Christ our God. Whosoever eats of him shall not die, O Theotokos, according to the word of the Nourisher of all. More honorable than the cherubim and more

glorious beyond compare than the seraphim, thou who without stain bearest God the Word and art truly Theotokos: We magnify thee.

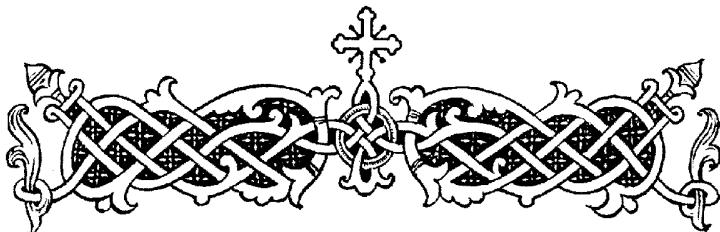
THOU, O Lord, hast made us glad by thy works: in the works of thy hands shall we rejoice, Lift up the Light of thy countenance upon us, O Lord! Thou hast put joy in my heart. With the fruit of wheat, wine and oil have we been satisfied. In peace I will both lie down and sleep: for thou alone, O Lord, makest me to dwell in hope.

GLORY to the Father, and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.

If a priest is present he says the following prayer, otherwise it may be said by anyone.

GOD is with us through his grace and love for mankind, always now and ever, and unto ages of ages. Amen.





APOLYTIKIA/TROPARIA

The Resurrectional Apolytikia *For Sundays*

TONE 1

WHILE the stone was sealed by the Jews, and soldiers were guarding thy most pure body, thou didst arise on the third day, O Savior, granting life to the world; for which cause the heavenly pow'rs cried aloud unto thee, O Giver of Life: Glory to thy Resurrection, O Christ; glory to thy Kingdom; glory to thy Providence, O thou who alone art the Lover of mankind!

TONE 2

WHEN thou didst submit thyself unto death, O thou Deathless and Immortal One, then thou didst destroy Hell with thy Godly pow'r; and when thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto thee: "O Christ thou Giver of Life, glory to thee!"

TONE 3

LET the heavens rejoice and the earth be glad for the Lord hath done a mighty act with his own arm; he hath trampled down death by death and became the first born from the dead; he hath delivered us from the depths of Hades, granting the world the great mercy.

TONE 4

HAVING learned the joyful message of the Resurrection of the angel, the women disciples of the Lord cast from them their parental condemnation,

and proudly broke the news to the disciples, saying Death hath been spoiled,
Christ God is risen, granting the world great mercy!

TONE 5

LET us believers praise and worship the Word, coeternal with the Father and
the Spirit, born of the Virgin for our salvation; for he took pleasure in
ascending the Cross in the flesh, to suffer death, and to raise the dead by his
glorious Resurrection.

TONE 6

WHEN Mary stood at thy grave looking for thy sacred Body, angelic pow'rs
shone above thy revered tomb, and the soldiers who were to keep guard
became as dead men. Thou led Hades captive and wast not tempted thereby;
thou didst meet the Virgin and didst give Life to the world; O thou who art
risen from the dead, O Lord, glory to thee.

TONE 7

THOU hast shattered death by thy Cross; thou didst open Paradise to the thief;
thou didst turn the sadness of the ointment bearing women into joy, and
didst bid thine Apostles proclaim a warning that thou hast risen, O Christ,
granting to the world the great mercy.

TONE 8

FROM the heights thou didst descend, O Compassionate One, and thou didst
submit to the three day burial, that thou might deliver us from passion; thou
art our life and our resurrection: O Lord, glory to thee.

The Daily Troparia
For Weekdays

MONDAY—THE HOLY ANGELS

O YE foremost of the heavenly hosts, we, though unworthy, beseech you by your petitions that ye would compass us with the shadow of you immaterial glory, preserving us who kneel and cry ceaselessly, "Deliver us from oppressions, since ye are the princes of the ranks of dominions on high."

TUESDAY—ST. JOHN THE BAPTIST AND FORERUNNER

THE memory of the righteous is celebrated with songs of praise, but the Lord's testimony is sufficient for thee, O Forerunner. Thou wast shown indeed to be the most honorable of the prophets, for in the waters thou didst baptize him who had been proclaimed. After suffering with joy in behalf of the truth, thou didst proclaim even to those in hades the God who appeared in the flesh, who taketh away the sins of the world and granteth us great mercy.

WEDNESDAY—THE HOLY CROSS

O LORD, save thy people and bless thine inheritance, granting victory to thy people over all adversaries, and by thy cross, preserving thine estate.

THURSDAY—THE HOLY APOSTLES AND ST. NICHOLAS

O HOLY Apostles, intercede with the merciful God that he may grant our souls forgiveness of sins.

THY work of justice didst reveal thee to thy people as a canon of faith, the likeness of humility, a teacher of abstinence, O Father and Bishop Nicholas. Wherefore by humility thou didst achieve exaltation and by meekness, richness. Intercede, therefore, with Christ to save our souls.

FRIDAY—THE HOLY CROSS

O LORD, save thy people and bless thine inheritance, granting victory to thy people over all adversaries, and by thy cross, preserving thine estate.

SATURDAY—ALL THE SAINTS AND THE FAITHFUL DEPARTED

O YE apostles, martyrs, prophets, hierarchs, saints, and righteous, who have fought the good fight and kept the faith, we beseech you, since you have achieved favor with the Savior, plead with him for our sake, for he is good, to save our souls.

REMEMBER, O Lord, the souls of thy servants; for thou art good. Forgive them all wherein they have sinned in this life; for there is none without sin except thee, who art able to grant rest to the departed.

KONTAKION OF THE FAITHFUL DEPARTED

O CHRIST, with the saints, grant rest to the souls of thy servants in a place where there is no suffering, no sorrows, and no sighs, but life everlasting.

The Festal Troparia
Pascha and the Twelve Major Feasts

PALM SUNDAY – SUNDAY BEFORE HOLY PASCHA

IN confirming the common resurrection, O Christ God, thou didst raise up Lazarus from dead before thy Passion. Wherefore we also, like the children, bearing the symbols of victory, cry to thee, the vanquisher of death: Hosanna in the highest; blessed is he that cometh in the name of the Lord.

HOLY PASCHA – THE FEAST OF FEASTS

CHRIST is risen from the dead, trampling down Death by Death, and upon those in the tombs bestowing life.

HOLY ASCENSION – FORTY DAYS AFTER HOLY PASCHA

THOU hast ascended in glory, O Christ our God, and gladdened thy disciples with the promise of the Holy Spirit; and they were assured by the blessing that thou art the Son of God and redeemer of the world.

HOLY PENTECOST – FIFTY DAYS AFTER HOLY PASCHA

BLESSED art thou, O Christ our God, who hast shown forth the fisherman as supremely wise by sending down upon them the Holy Spirit, and through them didst draw the world into thy net. O befriender of man, glory be to thee.

NATIVITY OF THE THEOTOKOS – SEPTEMBER 8

THY nativity, O Theotokos, hath proclaimed joy to the whole world; for from thee hath dawned the Sun of Righteousness, Christ our God, annulling the curse, and bestowing the blessing, abolishing death and granting us life everlasting.

EXALTATION OF THE CROSS – SEPTEMBER 14

SAVE, O Lord, they people, and bless thine inheritance; grant thou unto the faithful victory over adversaries. And by the power of thy cross do thou preserve thy commonwealth.

ENTRY OF THE THEOTOKOS INTO THE TEMPLE – NOVEMBER 21

TODAY is the prelude of God's good will and the heralding of the salvation of mankind. In the temple of God, the Virgin is presented openly, and she proclaimeth Christ unto all. To her, then, with a great voice let us cry aloud: Rejoice, O thou fulfillment of the Creator's dispensation.

NATIVITY OF OUR LORD - DECEMBER 25

THY nativity, O Christ our God, hath shined the light of knowledge upon the world; for thereby they that worshipped the stars were instructed by a star to worship thee, the Sun of Righteousness, and to know thee, the Dayspring from on high. O Lord, glory be to thee.

HOLY THEOPHANY OF OUR LORD - JANUARY 6

WHEN thou wast baptized in the Jordan, O Lord, the worship of the Trinity was made manifest; for the voice of the father bare witness to thee, calling thee his beloved Son. And the Spirit in the form of a dove confirmed the certainty of the word. O Christ our God, who hast appeared and hast enlightened the world, glory be to thee.

MEETING OF OUR LORD IN THE TEMPLE - FEBRUARY 2

REJOICE, thou who art full of grace, O Virgin Theotokos, for from thee hath arisen the Sun of Righteousness, Christ our God, enlightening those in darkness. Rejoice thou also, O righteous elder, as thou receivest in thine arms the redeemer of our souls, who also granteth unto us the resurrection.

THE ANNUNCIATION OF THE THEOTOKOS - MARCH 25

TODAY is the fountainhead of our salvation and the manifestation of the mystery which was from eternity. The Son of God becometh the Virgin's son, and Gabriel proclaimeth the good tidings of grace; for this cause, we also cry out to the Mother of God with him: Rejoice, thou who art full of grace; the Lord is with thee.

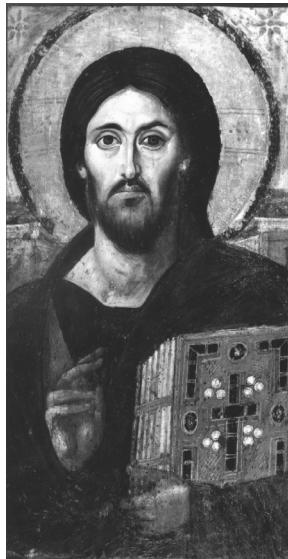
TRANSFIGURATION OF OUR LORD - AUGUST 6

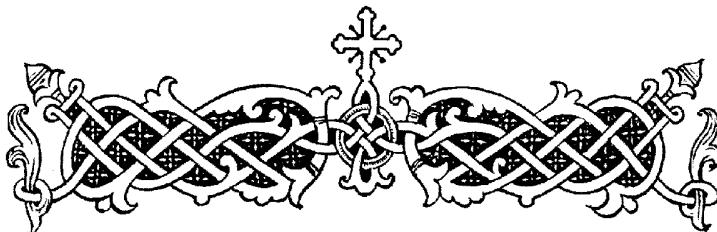
THOU wast transfigured on the mountain, O Christ our God, showing to thy disciples thy glory as each one could endure. Shine forth thou on us who are

sinners all thy light ever unending, through the prayers of the Theotokos;
Light-bestower, glory to thee.

DORMITION OF THE THEOTOKOS – AUGUST 15

IN giving birth thou didst preserve thy virginity; in thy dormition thou didst not forsake the world, O Theotokos. Thou wast translated unto life, since thou art the Mother of Life; and by thine intercessions dost thou redeem our souls from death.





GENERAL INTERCESSION

For the Living

O LORD Jesus Christ, our God, in thy mercies and loving-kindness thou regardest the humble prayers of all who call upon thee with their whole heart; incline thine ear and hear now my prayer, offered to thee in humility. Be mindful, O Lord, of thy Holy Orthodox-Catholic and Apostolic Church; confirm and strengthen it, increase it and keep it in peace, and preserve it unconquerable forever. (*prostration*)

SAVE, O Lord, and have mercy upon the Holy Orthodox Patriarchs, our Archbishop N., our diocesan Bishop N., and on every Bishop of the Orthodox; the Priests and Deacons and all the clergy of thy Church, whom thou hast established to feed thy reason-endowed flock. Through their prayers, have mercy upon me and save me, a sinner. (*prostration*)

SAVE, O Lord, and have mercy upon the president of our country, on all civil authorities and on our armed forces. Surround them with peace, and speak peace and goodness into their hearts for thy Holy Church and all thy people. In their calm may we live a calm and silent life in the True Faith and in all piety and purity. (*prostration*)

SAVE, O Lord, and have mercy upon our father, the Priest/Archpriest N. [*here is inserted the name of your parish priest*], with all our brethren in Christ, and through their prayers have mercy on me, who am wretched. (*prostration*)

SAVE, O Lord, and have mercy on my spiritual father N, and forgive my transgressions through his holy prayers. (*prostration*)

SAVE, O Lord, and have mercy on all our brethren who serve this holy Church—the parish council, the choir, the teachers, the custodians and cleaners, and all who work for our parish, and all Christians. (*prostration*)

SAVE, O Lord, and have mercy on my parents *NN*, *[if they are still living]*, my wife/husband *N*, my children *N*, my brothers and sisters and all my relatives according to the flesh, those who are close to my family, and my friends, especially *N*. Grant them mercy, live, peace, health, salvation and visitation, and pardon and remission of sins; that they may evermore praise and glorify Thy Holy Name. (*prostration*)

SAVE, O Lord, and have mercy on our fathers, brothers, and sisters who live with patient faith in the monasteries of the Holy Mountain, Russia, Greece, America, and any other place. Through their prayers, have mercy on me a sinner. (*prostration*)

SAVE, O Lord, and have mercy, according to the multitude of thy compassions, on all hieromonks, monks, nuns, and on all, who in virginity, reverence, and fasting, live in monasteries, in deserts and caves, on mountains and pillars, in hermitages and cleft rocks, on islands in the sea, and who live in the True Faith in every place of thy dominion, serving thee piously and praying to thee. Lighten their burden and console them in sorrow. Grant them strength and resolution in their struggles, and grant me remission of sins through their prayers. (*prostration*)

SAVE, O Lord, and have mercy on the old and the young, the poor, the orphans and widows, and on those who are in sickness and in sadness, in misfortunes and in sorrow, in war and in captivity, in prison and in exile—especially those who, being thy servants, are persecuted for thy sake and the Orthodox Faith by godless heathens, apostates, and heretics. Remember, visit,

strengthen, and comfort them, giving them early release, freedom, and deliverance by thy might. (*prostration*)

SAVE, O Lord, and have mercy on our benefactors who have mercy on us and feed us, giving us alms and security, and ask us to pray for them, despite our unworthiness. Be thou merciful to them and grant their every petition for salvation and the reward of eternal good things. (*prostration*)

SAVE, O Lord, and have mercy on all our fathers, brothers, and sisters and all Orthodox Christians who are traveling in thy service. (*prostration*)

SAVE, O Lord, and have mercy on those whom I have caused to stumble, turning them away from the path of salvation and leading them to evil and unseemly deeds. Return them to the path of salvation by thy Divine Providence. (*prostration*)

SAVE, O Lord, and have mercy on those who hate and offend me and do me harm. Do not let them perish because of me, a sinner. (*prostration*)

ENLIGHTEN with the light of thy knowledge those who have left the Orthodox Faith and have been blinded by devastating heresies, reuniting them to thy One, Holy, Orthodox-Catholic and Apostolic Church. (*prostration*)

SAVE, O Lord, and have mercy on me, Thy humble servant; grant me Thy grace, that I may be diligent and faithful; that I may avoid evil company and influence, and resist all temptation; that I may lead a godly and righteous life, blameless and peaceful, ever serving Thee, that I maybe accounted worthy at the last to enter into the Kingdom of Heaven. (*prostration*)

For the Departed

REMEMBER, O Lord, all Orthodox Patriarchs and Metropolitans; Archbishops and Bishops; Priests and those who serve in Holy Orders; those who serve

thee in monastic ranks and the blessed founders of our holy church. Grant them rest with the Saints in thine eternal dwellings. (*prostration*)

REMEMBER, O Lord, the souls of thy departed servants, my parents *NN*, [*if they have already fallen asleep in the Lord*], and all my relatives according to the flesh. Forgive all their sins, both voluntary and involuntary. Grant them participation in thine eternal good things and the enjoyment of the eternal and blessed life. (*prostration*)

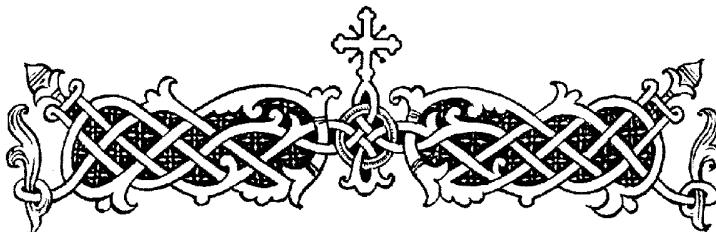
REMEMBER, O Lord, all our departed fathers, brothers, and sisters, the Orthodox Christians who lie here and everywhere in the hope of the Resurrection and eternal life, especially *NN*. Grant them to live with thy Saints under the Light of thy countenance. Have mercy on us also, for thou art good and lovest mankind. Amen. (*prostration*)

The following is said three times, each time with a prostration.

GRANT remission of sins, O Lord, to all our fathers, brothers, and sisters who have departed before us in faith and the hope of the Resurrection, and make their memory eternal.

HEAR my prayer, O Lord, for thou art merciful and compassionate, and lovest mankind, and to thee are due all glory, honor and worship: to the Father and to the Son, and to the Holy Spirit: both now and ever, and unto ages of ages. Amen.





PRAYERS OF PREPARATION FOR COMMUNION

A Prayer of St. Basil the Great

O LORD and Master, Jesus Christ, our God, Fountain of life and immortality, Creator of all things visible and invisible; Consubstantial and Co-eternal Son of the eternal Father, who in thine exceeding great love didst become incarnate in the latter days, and was crucified for us ungrateful and wicked children, and by thine own Blood didst renew our nature corrupted by sin; Do thou, O Immortal King, receive me, a repentant sinner; incline thine ear unto me and hear my prayer. I have sinned, O Lord, I have sinned against heaven and before thee, and I am not worthy to lift up my eyes to the majesty of thy glory, for I have affronted thy goodness, and broken thy commandments, and disobeyed thy laws. But thou, O Lord most loving, long-suffering and merciful, hast not given me over to perish in my sin, but dost ever await my return. For, O Thou who lovest mankind, thou hast said, by thy Prophet, that thou hast no pleasure in the death of a sinner, but rather that he should turn from his wickedness and live. Thou dost not desire, O Master, to destroy the works of thy hands or that they should perish, but willest that all men should be saved and come to the knowledge of the Truth. Wherefore I, although unworthy both of heaven and of earth and of this temporary life, even I, a wretched sinner who had given myself over to every evil desire, despair not of salvation, though I have been wholly subject to sin, a slave to passion, and have defiled thine image within me, who am thy creation and thy work; but trusting in thine infinite compassion, draw nigh unto thee. Receive me, O Lord, thou that lovest mankind, as thou didst receive the sinful woman, the thief, the publican and the prodigal son. Take

away the heavy burden of my sins, O Thou that takest away the sins of the world, and healest the infirmities of men, and callest all that are weary and heavy laden to thyself and givest them rest; thou that camest not to call the righteous but sinners to repentance, cleanse thou me from all stain of body and soul and teach me to fulfill holiness in thy fear, that with the witness of my conscience pure, I may receive a portion of thy Holy Gifts, and be united to thy Holy Body and Precious Blood, and may have thee, with thy Father and Holy Spirit, dwelling and abiding in me. And grant, O Lord Jesus Christ, my God, that the partaking of thy precious and Life-giving Mysteries may not be to my condemnation, nor may not through the weakness of my soul and body be received unworthily; but grant that, even unto my last breath, I may partake of a portion of thy Holy Gifts without condemnation, unto the Communion of thy Holy Spirit, as a preparation for eternal Life and for a good defense at thy dread Judgement Seat; so that I, together with all thine elect, may also receive those incorruptible good things which thou hast prepared for them that love thee, O Lord; in whom thou art glorified forever. Amen.

Another Prayer of St. Basil the Great

O LORD, I know that I am unworthy to receive thy Holy Body and Precious Blood; I know that I am guilty, and that I eat and drink condemnation to myself, not discerning the Body and Blood of Christ my God. But trusting in thy loving-kindness I come unto thee who hast said: He that eateth my Body and drinketh my Blood shall dwell in me and I in him. Therefore, O Lord, have compassion on me and make not an example of me, thy sinful servant. But do unto me according thy great mercy, and grant that these Holy Gifts may be for me unto the healing, purification, enlightenment, protection, salvation and sanctification of my soul and body, and to the expulsion of every evil imagination, sinful deed or work of the Devil. May

they move me to reliance on thee and to love thee always, to amend and keep firm my life; and be ever in me to the increase of virtue, to the keeping of the Holy Spirit, and as a good defense before thy dread Judgement Seat, and for Life Eternal. Amen.

A Prayer of St. John Chrysostom

O LORD my God, I know that I am neither worthy nor sufficient that thou shouldest enter under my roof into the habitation of my soul, for it is all deserted and in ruins, and thou hast not a fitting place in me to lay thy head. But as from the heights of thy glory thou didst humble thyself, so now bear me in my humility; as thou didst deign to lie in a manger in a cave, so deign now also to come into the manger of my mute soul and corrupt body. As thou didst not refrain from entering into the house of Simon the leper, or shrink from eating there with sinners, so also vouchsafe to enter the house of my poor soul, all leprous and full of sin. Thou didst not reject the sinful woman who ventured to draw near to touch thee, so also have pity on me, a sinner, approaching to touch thee. And grant that I may partake of thine All-holy Body and Precious Blood for the sanctification, enlightenment and strengthening of my weak soul and body; for the relief from the burden of my many sins; for my preservation against all the snares of the devil; for victory over all my sinful and evil habits; for the mortification of my passions; for obedience to thy Commandments; for growth in thy divine Grace and for the inheritance of thy Kingdom. For it is not with careless heart that I approach thee, O Christ my God, but I come trusting in thine infinite goodness, and fearing lest I may be drawn afar from thee and become the prey of the wolf of souls. Wherefore I pray thee, O Master, who alone art holy, that thou wouldest sanctify my soul and body, my mind and heart and reins, and renew me entirely. Implant in my members the fear of thee, be thou my helper and guide, directing my life in the paths of peace, and make me

worthy to stand at thy right hand with thy Saints; through the prayers and intercessions of thine immaculate Mother, of thy Bodiless Servitors, of the immaculate Powers, and of all the Saints who from all ages have been well-pleasing unto thee. Amen.

A Prayer of St. John of Damascus

O LORD and Master Jesus Christ, our God, who alone hath power to forgive the sins of men, do thou, O Good One who lovest mankind, forgive all the sins that I have committed in knowledge or in ignorance, and make me worthy to receive without condemnation thy divine, glorious, immaculate and life-giving Mysteries; not unto punishment or unto increase of sin; but unto purification, and sanctification and a promise of thy Kingdom and the Life to come; as a protection and a help to overthrow the adversaries, and to blot out my many sins. For thou art a God of Mercy and compassion and love toward mankind, and unto Thee we ascribe glory together with the Father and the Holy Spirit; now and ever, and unto ages of ages. Amen.

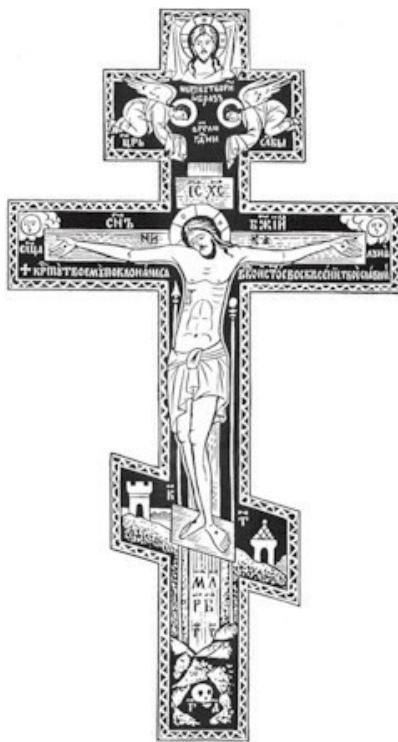
Another Prayer of St. John of Damascus

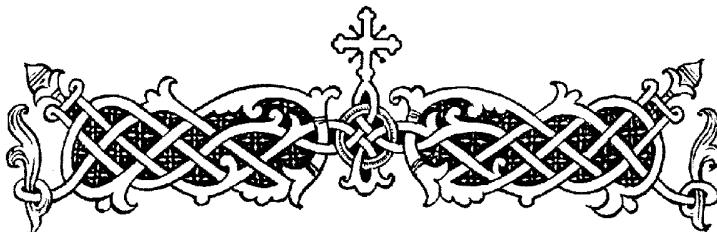
I STAND before the gates of thy Temple, and yet I refrain not from my evil thoughts. But do thou, O Christ my God, who didst justify the publican, and hadst mercy on the Canaanite woman, and opened the gates of Paradise to the thief; open unto me the compassion of thy love toward mankind, and receive me as I approach and touch thee, like the sinful woman and the woman with the issue of blood; for the one, by embracing thy feet received the forgiveness of her sins, and the other by but touching the hem of thy garment was healed. And I, most sinful, dare to partake of thy whole Body. Let me not be consumed but receive me as thou didst receive them, and enlighten the perceptions of my soul, consuming the accusations of my sins;

through the intercessions of Her that without stain gave Thee birth, and of the heavenly Powers; for thou art blessed unto ages of ages. Amen.

A Prayer of St. John Chrysostom

I BELIEVE, O Lord, and I confess that thou art truly the Christ, the Son of the living God, who didst come into the world to save sinners, of whom I am chief. And I believe that this is truly thine own immaculate Body, and that this is truly thine own precious Blood. Wherefore I pray thee, have mercy upon me and forgive my transgressions both voluntary and involuntary, of word and of deed, of knowledge and of ignorance; and make me worthy to partake without condemnation of thine immaculate Mysteries, unto remission of my sins and unto life everlasting. Amen. Of thy Mystic Supper, O Son of God, accept me today as a communicant; for I will not speak of thy Mystery to thine enemies, neither will I give thee a kiss as did Judas; but like the thief will I confess thee: Remember me, O Lord, in thy Kingdom. Not unto judgement nor unto condemnation be my partaking of thy Holy Mysteries, O Lord, but unto the healing of soul and body.





PRAYERS OF THANKSGIVING AFTER COMMUNION

GLORY to thee, O God. (*3 times*)

I THANK thee, O Lord my God, that thou hast not rejected me, a sinner, but hast accounted me worthy to become a communicant of thy Holy Mysteries. I thank thee that thou hast accounted me, the unworthy, worthy to partake of thine immaculate and heavenly gifts. But, O Master who lovest mankind, who didst both die for us and rise again, and didst bestow upon us these thy terrible and life-giving Mysteries for the benefiting and sanctification of our souls and bodies: grant that they may be for me also unto the healing of soul and body, unto the averting of everything contrary thereto; unto the enlightenment of the eyes of my heart; unto the peace of my spiritual powers; unto faith invincible; unto love unfeigned; unto fulfilling of wisdom; unto the keeping of thy commandments; unto growth in thy divine grace, and the attainment of thy kingdom: that by them preserved in thy holiness, I may ever remember thy grace, and henceforth live not unto myself, but unto thee, our Master and Benefactor. And thus, when this life is ended, in the hope of eternal life, I may attain unto everlasting rest, where the voice of those who keep festival is unceasing, and the delight of those who behold the ineffable beauty of thy countenance is boundless; for thou art the true desire and unutterable joy of all those who love thee, O Christ our God, and all creation hymneth thee forever. Amen.

A Prayer of St. Basil the Great

O MASTER, Christ our God, King of the ages, and maker of all things: I thank thee for all the good things which thou hast bestowed upon me, and for this partaking of thine immaculate and life-giving Mysteries. Wherefore I pray thee, who art good and lovest mankind: Keep me under thy protection and in the shadow of thy wings; and grant unto me with a pure conscience and even unto my last breath, to partake of thy holy Mysteries, unto remission of sins and unto life everlasting. For thou art the Bread of Life, the Fountain of holiness, the Giver of good things, and unto thee we ascribe Glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages. Amen.

A Prayer of St. Simeon Metaphrastes

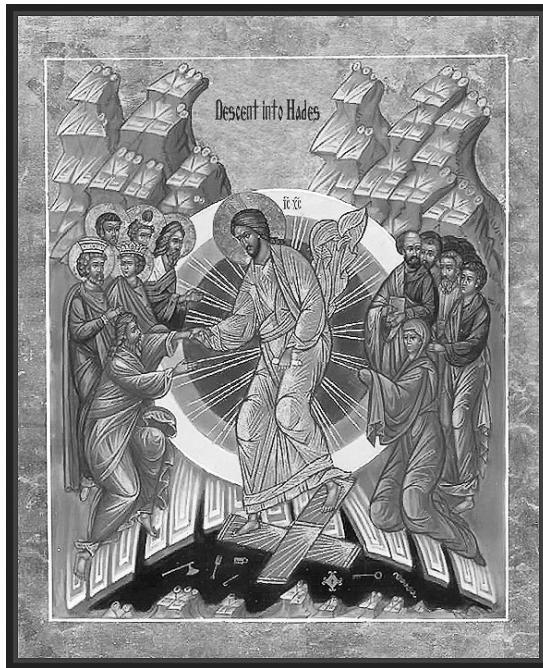
O THOU who willingly dost give thy flesh to me as food, Thou who art a Fire, consuming the unworthy, Consume me not, O my Creator; But rather pass through all my body parts, into all my joints, my reins, my heart. Burn thou the thorns of all my transgressions, cleanse my soul, and hallow thou my thoughts. Make firm my knees, and my bones likewise; Enlighten as one my five senses, Establish me wholly in thy fear; Ever shelter me, and guard and keep me From every soul-corrupting deed and word, Chasten me, purify me, and control me; Adorn me, teach me, and enlighten me. Show me to be a Tabernacle of thy Spirit only, And in no wise the dwelling-place of sin, that from me, thy habitation, through the entrance of thy Communion, Every evil deed and every passion may flee as from fire. As intercessors I bring to thee all the Saints, Both the Angelic Leaders of the Bodiless Powers, Thy Fore-runner, and thy wise Apostles; And besides these, thine immaculate and chaste Mother; Do thou accept their prayers, my Christ, who art Compassionate, And make thy servant to be a child of the light: For thou

alone, Good Lord, are the sanctification and splendor of our souls, And to thee as God and Master, day by day, Duly we all ascribe glory.

MAY thy holy Body, O Lord Jesus Christ our God, be unto me for life eternal, and thy precious Blood unto remission of my sins. May this Eucharist be unto me for joy, health, and gladness; and at thy dread Second Coming make me, a sinner, worthy to stand at the right hand of thy glory: through the intercessions of thine all-immaculate Mother and of all thy Saints. Amen.

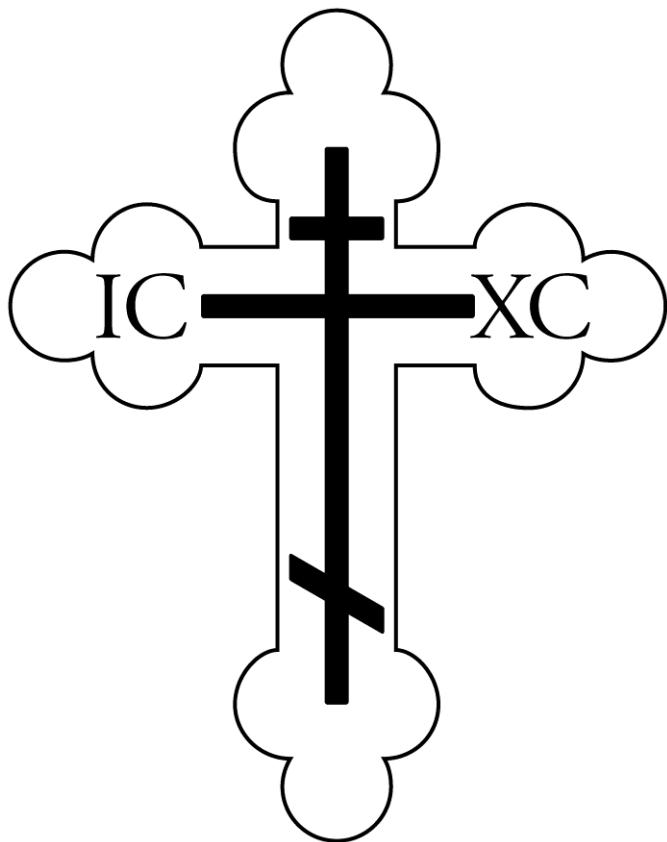
A Prayer to the All-Holy Theotokos

O ALL-HOLY Lady Theotokos, light of my darkened soul, my hope, my shelter, my refuge, my consolation and my joy: I thank thee that thou hast accounted me worthy, although unworthy, to be a partaker of the immaculate Body and precious Blood of thy Son. But do thou, who gavest birth to the true Light, enlighten the mental eyes of my heart; O thou who didst bear the fountain of immortality, quicken thou me who lie dead in sin. O compassion-loving Mother of the merciful God, have mercy upon me and grant me humility and contrition of heart, and meekness in my thoughts, and deliverance from the bondage of my vain imaginings. And account me worthy, even unto my last breath, to receive without condemnation the sanctification of the immaculate Mysteries, unto the healing of both soul and body. And grant unto me tears of repentance and confession, that I may hymn thee and glorify thee all the days of my life: for blessed and glorified art thou unto all ages. AMEN.

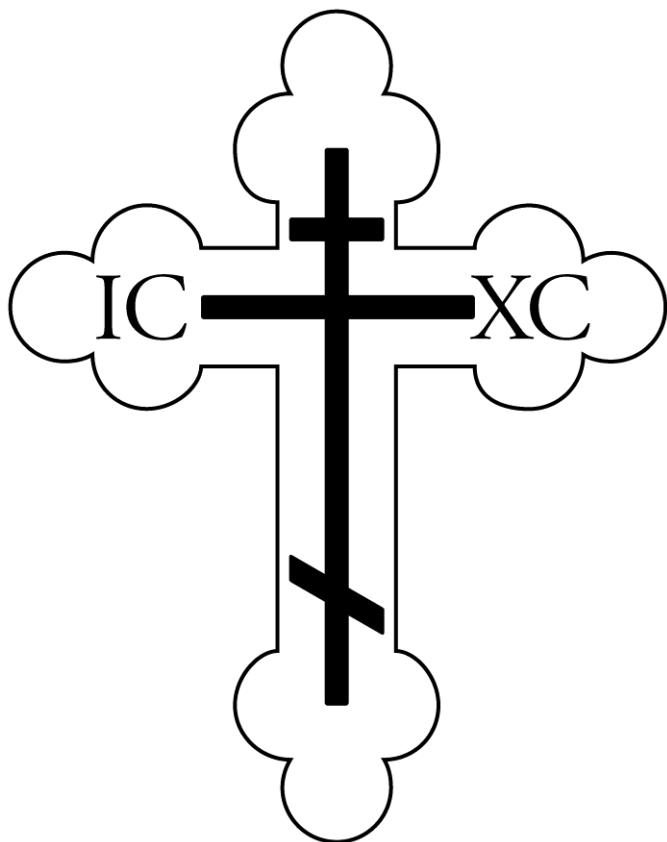


GLORY BE TO GOD FOR ALL THINGS.

A Book of Prayers



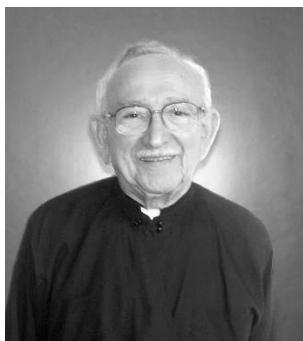
A Book of Prayers



Memory Eternal!



Mr. Louis “Lou” Kopcha
(March 21, 1917 – April 26, 2013)



Protodeacon Simeon “Sam” Kopcha
(May 3, 1927 – April 30, 2010)

Dedication

This Book of Prayers, published by Saints Cyril and Methodius Orthodox Church, Terryville, Connecticut, is produced and distributed in loving memory of two brothers, Protodeacon Simeon “Sam” Kopcha and Louis “Lou” Kopcha, who are tremendously influential in the history of the parish.

Both of these good men were persons of great personal piety—men who prayed regularly, even constantly.

Louis, the elder brother by a decade, is known for having completely worn out several prayer books in his lifetime, through tireless use. Protodeacon Simeon, the younger brother, was particularly devoted to the Church’s liturgical prayer, serving for decades as a choir director and also as an ordained deacon of the Church.

The two brothers spoke almost every day, encouraging one another in every good endeavor, including, one must suppose, prayer.

May the example of these two pious men inspire us to heed the directive of the Holy Apostle Paul, first given to the Christians of Thessalonica almost two thousand years ago: “Pray without ceasing.” (*I Thessalonians 5:17*)

Memory Eternal! Вечная память! Αἰώνια ἡ μνήμη! May their souls dwell with the blessed!

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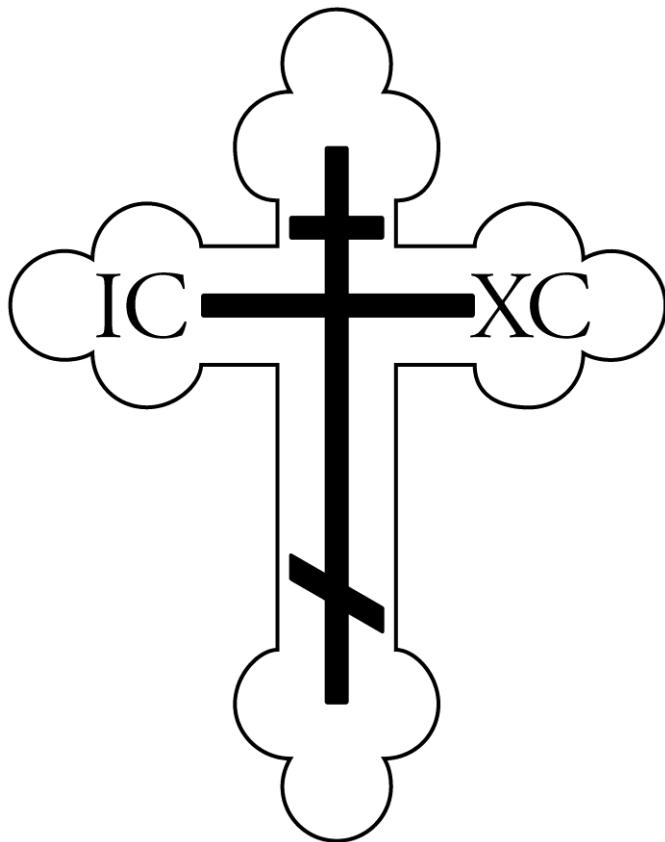
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Abba Macarius was asked, "How should one pray?" The old man said, "There is no need at all to make long discourses; it is enough to stretch out one's hands and say, 'Lord, as you will, and as you know, have mercy.' And if the conflict grows fiercer say, 'Lord, help!' He knows very well what we need, and he shows us his mercy." – From "The Sayings of the Desert Fathers" in the section about Saint Macarius the Great.

A Rule of Prayer

(A “Rule of Prayer” is a collection of prayers intended to be said together as a group, at least every morning and evening. The following rule is based upon a traditional rule called “The Rule of Saint Pachomius,” which is often suggested for memorization. When we memorize our rule we always have our prayers with us.)

Opening Blessing

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Glorification of God

Glory to You, our God, glory to You!

Invocation of the Holy Spirit

O Heavenly King, the Comforter, the Spirit of Truth, Who art everywhere and fillest all things; Treasury of Blessings, and Giver of Life, come and abide in us, and cleanse us from every impurity, and save our souls, O Good One.

Trisagion (Thrice Holy) Prayers

Holy God! Holy Mighty! Holy Immortal! Have mercy on us.

Holy God! Holy Mighty! Holy Immortal! Have mercy on us.

Holy God! Holy Mighty! Holy Immortal! Have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

O most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities, for Your Name's sake.

Lord, have mercy. Lord, have mercy. Lord have mercy.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

The Lord's Prayer

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come; Thy will be done; on earth as it is in Heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. Amen.

Lord Have Mercy

Lord, have mercy. (*12 times*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Call to Worship

Come, let us worship God, our King!

Come, let us worship and fall down before Christ, our King and our God!

Come, let us worship and fall down before Christ Himself, our King and our God!

A Psalm of Repentance (Psalm 50/51)

Have mercy on me, O God, according to Your steadfast love; according to Your abundant mercy, blot out my transgressions.

Wash me thoroughly from my iniquity and cleanse me from my sin, for I know my transgressions, and my sin is ever before me.

Against You, You only, have I sinned and done that which is evil in Your sight, so that You are justified in Your sentence and blameless in Your judgment.

Behold, I was brought forth in iniquity, and in sin did my mother conceive me.

Behold, You desire truth in the inward being; therefore, teach me wisdom in my secret heart.

Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.

Fill me with joy and gladness; let the bones which You have broken rejoice.

Hide Your face from my sins and blot out all my iniquities.

Create in me a clean heart, O God, and put a new and right spirit within me.

Cast me not away from Your presence, and take not Your Holy Spirit from me.

Restore to me the joy of Your salvation, and uphold me with a willing Spirit.

Then I will teach transgressors Your ways, and sinners will return to You.

Deliver me from blood-guiltiness, O God, God of my salvation, and my tongue will sing aloud of Your deliverance.

O Lord, open my lips, and my mouth shall show forth Your praise.

For You have no delight in sacrifice; were I to give a burnt offering, You would not be pleased.

The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, You will not despise.

Do good to Zion in Your good pleasure; rebuild the walls of Jerusalem.

Then will You delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on Your altar.

The Creed: The Symbol of Faith

I believe in one God, the Father Almighty, Maker of Heaven and Earth and of all things visible and invisible.

And in one Lord Jesus Christ, the Son of God, the only-begotten, begotten of the Father before all ages. Light of light; true God of true God; begotten, not made; of one essence with the Father, by Whom all things were made; Who for us men and for our salvation came down from Heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and became man. And He was crucified for us under Pontius Pilate, and suffered, and was buried. And the third day He arose again, according to the Scriptures, and ascended into Heaven, and sits at the right hand of the Father; and He shall come again with glory to judge the living and the dead, Whose Kingdom shall have no end.

And in the Holy Spirit, the Lord, the Giver of Life, Who proceeds from the Father, Who with the Father and the Son together is worshipped and glorified, Who spoke by the prophets.

In one Holy, Catholic, and Apostolic Church. I acknowledge one baptism for the remission of sins. I look for the resurrection of the dead and the life of the world to come. Amen.

The Jesus Prayer

O Lord Jesus Christ, Son of God, have mercy on me, a sinner.

(The “Jesus Prayer” may be repeated 3, 12, 40 or 100 times at this moment and then constantly throughout the day.)

Hymn to the Theotokos

It is truly meet to bless you, O Theotokos, ever-blessed and most pure, and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare than the Seraphim. Without defilement you gave birth to God the Word. True Theotokos, we magnify you!

Dismissal (Closing Prayer)

Through the prayers of our Holy Fathers, O Lord Jesus Christ, have mercy on us and save us. Amen.



Prayers for Different Times of Day

A Morning Prayer

Arising from sleep, I thank You, O all-holy Trinity, for in Your great goodness and longsuffering patience, You have not turned Your anger upon me, a lazy sinner, nor have You let me perish in my transgressions, but have dealt with me according to Your love for mankind. You have lifted me from my despair, that I may be vigilant and glorify Your might. Now, therefore, illumine the eyes of my mind and open my mouth that I may learn Your words, understand Your precepts, and do Your will; thus I will sing to You wholeheartedly and praise Your all-holy name of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

The Morning Prayer of the Optina Elders

O Lord, grant me to greet the coming day in peace. Help me in all things to rely upon Your holy will. In every hour of the day reveal Your will to me. Bless my dealings with all who surround me. Teach me to treat all that comes to me throughout the day with peace of soul and with firm conviction that Your will governs all. In all my deeds and words, guide my thoughts and feelings. In unforeseen events let me not forget that all are sent by You. Teach me to act

firmly and wisely, without embittering and embarrassing others. Give me strength to bear the fatigue of the coming day with all that it shall bring. Direct my will, teach me to pray; and You, Yourself, pray in me. Amen.

A Prayer for any Hour of the Day

O Christ our God, who at all times and in every hour in heaven and on earth are worshiped and glorified; who are longsuffering, merciful, and compassionate; who loves the just and shows mercy upon sinners; who calls all to salvation through the promise of the good things to come; O Lord, in this hour receive our supplications and direct our lives according to Your commandments. Sanctify our souls, purify our bodies, correct our thoughts, cleanse our minds; deliver us from all tribulation, evil, and distress. Surround us with Your holy angels so that, guided and guarded by them, we may attain to the unity of the Faith and to the full knowledge of Your unapproachable glory. For You are blessed unto ages of ages. Amen.

An Evening Prayer

O Eternal God, O King of all creation, Who have kept me safe to attain to this hour, forgive me the sins which I have committed this day in thought, word, and deed. And cleanse, O Lord, my humble soul from every stain of flesh and

spirit: Grant me, O Lord, to pass this night in peace, to rise again from my bed, to please Your holy Name all the days of my life, and to vanquish the enemies, both physical and spiritual, that contend against me. Deliver me, O Lord, from the vain thoughts that defile me and from evil desires. For Yours are the Kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages. Amen.

A Night Prayer, Preparing for Sleep

O Lord, God our Father, if during this day I have sinned in word, deed, or thought, forgive me in Your goodness and love. Grant me peaceful sleep; protect me from all evil and awaken me in the morning that I may glorify you, Heavenly Father, together with Your Son and Your Holy Spirit, now and ever and unto ages of ages. Amen.

Just Before Going to Sleep

Into Your hands, O Lord Jesus Christ, I commend my spirit and body; bless me, save me, and grant me eternal life. Amen.

Through the prayers of our Holy Fathers, O Lord Jesus Christ our God, have mercy upon us and save us. Amen.

Prayers of Intercession

Brief Prayers of Intercession

O Holy Saint, *NAME*, my heavenly patron, pray to God for me, a sinner.

Remember, O Lord, all those in need of your mercy and help, especially *NAMES*.

Remember, O Lord, all those who have fallen asleep in You, the Lord, in the hope of resurrection and eternal life, especially *NAMES*.

A Longer Prayer of Intercession

O Lord Jesus Christ, our God, in Your mercy and loving-kindness You regard the humble prayers of all who call upon You with their whole heart; incline Your ear and hear now my prayer, offered to You in humility:

Be mindful, O Lord, of Your Holy, Universal and Apostolic Church; confirm and strengthen the Church, increase the Church and keep the Church in peace, and preserve the Church unconquerable forever.

Be mindful, O Lord, of our Metropolitan *NAME* and our (Arch)Bishop *NAME*, of the Holy Synod of Bishops of the Orthodox Church in America, and of every bishop of the Church; be mindful, also, O Lord, of the priests and deacons, and all the clergy of the Church, whom You have established to feed the flock with Your Word; and by their prayers have mercy upon me and save me, a sinner.

Be mindful, O Lord, of all civil authorities, of the armed forces, of this town and region in which we live, and of every city and country; grant them peaceful times, so that we—in their tranquility—may lead a calm and peaceful life in all Godliness and sanctity.

Be mindful, O Lord, of my parents, of my brothers and sisters, of my relatives, and of my friends, grant that they may have mercy, life, peace, health, salvation and visitation, pardon and remission of their sins; that they may ever praise and glorify Your Holy Name.

Be mindful, O Lord, of those who travel by land, by sea, and by air; of the old and the young, the sick, the suffering, the sorrowing, the afflicted, the captives, the needy and the poor; and upon them all send forth Your mercies, for You are the Giver of all good things.

Be mindful, O Lord, of those who have departed this life in the hope of resurrection to eternal life. Grant them, O Lord, everlasting rest in blessed repose, and make their memory to be eternal.

Be mindful, O Lord, of me, Your humble servant; grant me Your grace, that I may be diligent and faithful, avoiding evil company and influence, resisting temptation; that I may lead a godly and righteous life, blameless and peaceful, ever serving You; and that I may be accounted worthy of entering the Kingdom of Heaven. Amen.

Prayers for Others

A Prayer for the Sick

O Holy Father, Heavenly Physician of our souls and bodies, who has sent Your only-begotten Son and our Lord Jesus Christ to heal our diseases and deliver us from death, visit and heal Your servant(s) *NAME(S)*, granting *him/her/them* release from pain and restoration to health and life, that *he/she/they* may give thanks to You and bless Your Holy Name: of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages. Amen.

Another Prayer for the Sick

O Christ, Who alone are our Defender: Visit and heal Your suffering servant *NAME* delivering *him/her* from sickness and grievous pains. Raise *him/her* up that *he/she* may sing to You and praise You without ceasing, through the prayers of the Theotokos, O You Who alone loves mankind. Amen.

A Prayer for the Terminally Ill

O Lord, Jesus Christ, Who suffered and died for our sins that we may live, if during our life we have sinned in word, deed, or thought, forgive us in Your goodness and love. All our hope we put in You; protect your servant *NAME* from all

evil. We submit to Your will and into Your hands we commend our souls and bodies. For a Christian end to our lives—peaceful, without shame and suffering—and for a good account before the awesome judgment seat of Christ, we pray to You, O Lord. Bless us, be merciful to us, and grant us life eternal. Amen.

A Prayer for the Departed

Into Your hands, O Lord, I commend the souls of Your servants *NAMES*, and beseech You to grant them rest in the place of Your rest, where all Your blessed Saints repose, and where the light of Your countenance shines forever. And I beseech You also to grant that our present lives may be godly, sober, and blameless; that we too may be made worthy to enter into Your heavenly Kingdom with those whom we love but see no longer; for You are the Resurrection, and the Life, and the Repose of Your departed servants, O Christ our God, and to You we ascribe glory: to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Another Prayer for the Departed

O God of spirits and of all flesh, Who has trampled down death and overthrown the Devil, and given life to Your world, do You, the same Lord, give rest to the souls of Your departed

servants in a place of brightness, a place of refreshment, a place of repose, where all sickness, sighing, and sorrow have fled away. Pardon every transgression which they have committed, whether by word or deed or thought. For You are a good God and You love mankind; because there is no person who lives yet does not sin, for You only are without sin, Your righteousness is to all eternity, and Your word is truth.

For You are the Resurrection, the Life, and the Repose of Your servants who have fallen asleep, O Christ our God, and to You we ascribe glory, together with Your Father, who is from everlasting, and Your all-holy, good, and life-creating Spirit, now and ever and unto ages of ages. Amen.

A Prayer of Parents for their Children

O God, our heavenly Father, Who loves mankind, and are most merciful and compassionate, have mercy upon our children, Your servants, *NAMES*, for whom we humbly pray, and commend them to Your gracious protection. Be Yourself, O God, their guide and guardian in all their endeavors; lead them in the path of Your truth, and draw them near to You, that they may lead a godly and righteous life in Your love and fear; doing Your will in all matters. Give them grace that they may be

temperate, industrious, diligent, devout and charitable. Defend them against the assaults of the enemy, grant them wisdom and strength to resist all temptation and corruption of this life, and direct them in the way of salvation, to the glory of Your Son, our Savior Jesus Christ, through the intercessions of His Holy Mother, and Your blessed saints. Amen.

A Prayer of Children for Their Parents

Our Father, who art in Heaven, bless my father and mother and those who are in authority over me—bless them for their love and tender care for me and for all the good things I receive at their hands. Help me, I pray, to be respectful and obedient to them in all things according to Your will. Give me Your grace to perform all my duties and responsibilities carefully and faithfully, to avoid undesirable company and influence, and to resist all temptations that may come my way. Abide in me always, that I may live a sober, righteous and godly life, ever praising You, and glorifying Your Holy Name. Amen.

A Prayer for Enemies

O Lord Jesus Christ—Who commanded us to love our enemies and those who defame and injure us, and to pray for them and forgive them—Who Yourself prayed for Your enemies,

including those who crucified You: grant us, we pray, the spirit of Christian reconciliation and meekness, that we may wholeheartedly forgive every injury and be reconciled with our enemies. Grant us to overcome the wickedness and wrongdoings of others with Christian meekness and true love of our neighbor. We further beg You, O Lord, to grant to our enemies true peace and forgiveness of sins—do not allow them to leave this life without true faith and sincere conversion. Lastly, help us repay evil with goodness, and to remain safe from the temptations of the devil and from all the perils which threaten us in the form of visible and invisible enemies. Amen.



Prayers for Various Occasions

The Prayer of Saint Ioannikios

The Father is my hope; the Son is my refuge; the Holy Spirit is my protector. O Holy Trinity, glory to You.

A Prayer of Saint Philaret, Metropolitan of Moscow, Asking God to meet Our Needs

My Lord, I know not what I ought to ask of You. You and You alone know my needs. You love me more than I am able to love You. O Father, grant to me, Your servant, all which I cannot ask. I dare not ask for a “cross”, nor for consolation; I dare only to stand in Your presence. My heart is open to You. You see my needs of which I myself am unaware. Behold and lift me up. In Your presence I stand, awed and silenced by Your will and Your judgments, into which my mind cannot penetrate. To You I offer myself as a sacrifice. No other desire is mine but to fulfill Your will. Teach me how to pray. Pray Yourself within me. Amen.

A Prayer for the Acceptance of God’s Will

O Lord, I do not know what to ask of you. You know better than me what my needs are. You love more than I know how to love. Help me to see clearly my real needs which I do not see. I open my heart to you. Examine and reveal to

me my faults and sins. I put all my trust in you. I have no other desire than to fulfill your will. Teach me how to pray. Pray in me. Amen.

A Prayer asking God to Help Us be Obedient to His Holy Will

O Lord our God, make our hearts obedient to Your divine will; turn our eyes away from vain things so that, free from the world's attractions, they may always look on Your glorious beauty: For You are our God, the God of compassion and salvation, and we glorify You, Father, Son, and Holy Spirit, now and forever, to the ages of ages. Amen.

A Prayer of Repentance

O Lord our God, good and merciful, I acknowledge all my sins which I have committed every day of my life, in thought, word, and deed; in body and soul alike. I am truly sorry that I have ever offended You, and I sincerely repent. With tears I humbly pray You, O Lord: because of Your mercy forgive me all my past transgressions and absolve me from them. I firmly resolve, with the help of Your Grace, to amend my way of life and to sin no more; that I may walk in the way of righteousness and offer praise and glory to the Father, and to the Son, and to the Holy Spirit. Amen.

A Prayer for Love of God

O Christ my God, set my heart on fire with love in You, that in its flame I may love You with all my heart, with all my mind, with all my soul and with all my strength—and my neighbor as myself—so that, by keeping Your commandments, I may glorify You, the Giver of every good and perfect gift. Amen.

Prayer Before Meals

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come; Thy will be done; on earth as it is in Heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord, have mercy. (3x)

O Christ our God, bless the food, drink, and fellowship of Your servants, for You are holy always, now and ever and unto ages of ages. Amen.

Prayer After Meals

We give thanks to You, O Christ our God, that You have satisfied us with Your earthly blessings; deprive us not also of Your Heavenly Kingdom. As You came to Your disciples and granted them peace; so come to us and save us, O Savior.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Lord, have mercy. (3x)

Blessed is God, Who has fed and nourished us with His bountiful gifts by His grace and compassion always, now and ever and unto ages of ages. Amen.

A Prayer Before any Work

O Lord Jesus Christ, the only-begotten Son of the eternal Father, You have said, “Without me you can do nothing.” In faith I embrace Your words, O Lord, and bow before Your goodness. Help me to complete the work that I am about to begin, for Your own glory: In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

A Prayer After any Work

You, O Christ, are Yourself the fulfillment of all good things. Fill my soul with joy and gladness, and save me, for You are all merciful.

A Prayer Before Reading the Holy Scriptures

Illumine our hearts, O Master Who loves mankind, with the pure light of Your divine knowledge. Open the eyes of our mind to the understanding of Your gospel teachings. Implant also in us the fear of Your blessed commandments, that trampling down all carnal desires, we may enter upon a spiritual manner of living, both thinking and doing such things as are well-pleasing to You. For You are the illumination of our souls and bodies, O Christ our God; and to You we ascribe glory, together with Your Father, Who is from everlasting; and to Your all-holy, good, and life-creating Spirit, now and ever and unto ages of ages. Amen.

A Prayer before Lessons or Study

O Christ, the True Light, who enlightens and sanctifies every person coming into the world, let the light of Your countenance shine upon us that we may see Your unapproachable light; and guide our steps in the way of Your commandments, through the intercessions of Your all-holy Mother and of all the Saints. Amen.

A Prayer of Married Persons

Our bountiful God, we beseech You, listen to our humble prayer, that we may ever understand that the married state is holy and that we must keep it holy. Grant Your grace that we may never sin against the faithfulness and love of this marriage. Foster between us the spirit of understanding and of peace, so that no strife, quarrel or misunderstanding, may arise between us. Grant us health and our daily bread, whereby we may further serve You. Amen.

Prayer of A Widow or Widower

O Lord, Jesus Christ, Who through your mercy, resurrected the only son of the widow in Nain; I pray to You in need and all alone, putting my hope in God and asking for Your help. O You who fulfill our every need and complete everything we lack, grant me faith, courage, love, and understanding of Your Holy Will. Remember Your servant *NAME*, my departed spouse, in Your kingdom, always now and forever. Amen.

A Prayer of a Person Seeking to Live Purely and Chastely

O Lord, Jesus Christ, my God and my Savior, You Yourself—together with Your Mother, the most holy Theotokos and Ever-Virgin Mary, and Your Forerunner and Prophet, John the

Baptist—are an example for me of pure and chaste living. I ask You, therefore, O Compassionate and Loving Lord, to strengthen me when temptation troubles me and strong passions seek to overwhelm me. Grant that I may remain strong in virtue and innocent in all my thoughts, words, and deeds, only doing those things that please You. Grant me to grow in wisdom and understanding that I may serve You in purity and holiness all the days of my life. Grant, also, that I may have the courage to witness to others on behalf of Your Gospel teachings. Remind me always that those who truly respect me will honor my personal commitment to live a pure and blameless life. I ask all this through the intercessions of Your most pure Mother, the Theotokos and Ever-Virgin Mary, together with Saint John the Baptist, and all the saints, especially my patron saint, Saint NAME. Amen.

A Prayer Against Demonic Influence

O Almighty God, Who delivered Your people from the bondage of the adversary, and through Your Son cast down Satan like lightning, deliver me also from every influence of unclean spirits. Command Satan to depart far from me by the power of Your only-begotten Son. Rescue me from demonic imaginings and darkness. Fill me with the light of the Holy Spirit that I may be guarded against all snares of

crafty demons. Grant that an angel will always go before me and lead me to the path of righteousness all the days of my life, to the honor of Your glorious Name: Father, Son, and Holy Spirit, now and forever. Amen.

A Prayer Against the Misuse of Visual Media

O Lord, Jesus Christ, my God and Savior—through the prayers of Your Most Pure Mother, through the protection of the honorable, heavenly, bodiless powers (the holy angels), through the prayers of my Patron Saint, *NAME*, and through the prayers of all the saints—preserve me from all sinful pleasures in all my senses; help me not to look at evil, impure and illicit images that will harm my soul and separate me from You; help me to cut off the desire to indulge in such unchaste activity; and help me rather to do work that is productive and pleasing to You and to Your Church, so that I may glorify You, together with Your Father, Who is without beginning, and Your Most Holy, Good and Life-creating Spirit, now and ever and unto the ages of ages. Amen.

A Prayer when Facing the Unknown

O Lord, You who steadied the hand of the Holy Apostle Peter as he began to sink into the stormy sea: If You are with me, no one is against me. Grant to me the shield of faith and

the mighty armor of the Holy Spirit to protect me and guide me to do Your Holy Will. By Your grace, I follow You and the future I put into Your hands, O Lord. Amen.

A Prayer in Time of Need or Trouble

O Almighty God, the Father of mercies and God of all comfort, come to my help and deliver me from this difficulty that besets me. I believe, Lord, that all trials of life are under Your care and that all things work for the good of those who love You. Take away from me fear, anxiety and distress. Help me to face and endure my difficulty with faith, courage and wisdom. Grant that this trial may bring me closer to You for You are my rock and refuge, my comfort and hope, my delight and joy. I trust in Your love and compassion. Blessed is Your name, Father, Son and Holy Spirit, now and forever. Amen.

A Prayer Before Traveling

O Lord Jesus Christ, our God and Savior, after Your Resurrection You traveled with Your disciples, Luke and Cleopas, on the road to Emmaus and set their hearts on fire with Your grace. Travel also with us and gladden our hearts with Your presence. We know, O Lord, that we are but humble pilgrims on this earth, seeking the citizenship which is in heaven.

During our journey surround us with Your holy angels and keep us safe from seen and unseen dangers. Grant that we may carry out our plans and fulfill our expectations according to Your will. Help us to see the beauty of creation and to comprehend the wonder of Your truth in all things. For You are the Way, the Truth and the Life, and to You we give thanks, praise and glory forever. Amen.

The Prayer of Saint Macarius the Egyptian

Lord, as you will, and as you know, have mercy.



Prayers and Hymns for Various Seasons of the Year

The Lenten Prayer of Saint Ephrem

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk.

But give rather the spirit of chastity, humility, patience, and love to Your servant.

Yes, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for You are blessed, unto ages of ages. Amen.

The Paschal Troparion

Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life.

The Christmas Kontakion

Today the Virgin gives birth to the Transcendent One, and the earth offers a cave to the Unapproachable One. Angels, with shepherds, glorify Him; the wise men journey with the star. Since for our sake the Eternal God is born as a little child.

Prayers to the Mother of God, Various Saints and to the Holy Angels

To the Mother of God, the Theotokos and Ever-Virgin, Mary

Rejoice, O Virgin Theotokos, Mary, full of Grace, the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, for you have born the Savior of our souls.

O Victorious Leader of triumphant hosts, we, your servants, delivered from evil, sing our grateful thanks to you, O Theotokos. As you possess invincible might, set us free from every calamity so that we may sing: Rejoice, O Unwedded Bride.

A Prayer to Saint John the Baptist

O Saint John the Baptist, preacher of repentance and Baptizer of Christ, despise us not who repent, but, together with the angelic host of heaven, pray to the Master, our Lord Jesus Christ, for us unworthy ones. Pray for us in our despondency, weakness, and sorrow, for we have fallen into many troubles and we are weighed down by the stormy thoughts of our minds. We have become dens of evil works, having no end to our sinful habits—our mind is nailed to worldly things. What we will do, we do not know. Nor do we know to whom we will

flee, so that our souls might be saved, except to you, Saint John the Baptist, whom we know to be greater than any that are born before the Lord, except for the Theotokos, the Virgin Mother of God.

For you, holy John, were found worthy to touch the head of Christ the King, “The Lamb of God Who takes away the sin of the world.” Therefore, pray for us before the Lord—pray that at least from this moment, the eleventh hour, we may bear the good burden and receive our reward among the last.

Yes, Baptizer of Christ, revered Forerunner, last of the Prophets, first of the Martyrs, mentor of ascetics and those who fast, guide of those who flee to the desert, teacher of purity and close friend of Christ, we pray to you and we flee to you for refuge. Cast us not away from your protection, but rather raise us up who are fallen into many sins. Renew our spirit through repentance, as it were a second baptism washing away sin. Preach penitence to the cleansing of our evil deeds. Wash us, who are stained with sin and help us to enter that place where nothing impure may enter—the Kingdom of Heaven. Intercede for us before the throne of God, and show us how to give glory to the Father and to the Son and to the Holy Spirit, always, now and ever and unto ages of ages. Amen.

A Prayer to Saint Nicholas

O All-praised and all-honored hierarch, great wonderworker, saint of Christ, Father Nicholas, man of God and faithful servant, man of love, chosen vessel, strong pillar of the Church, most brilliant lamp, star that illuminates and enlightens the whole world: You are a righteous man that flourished like a palm tree planted in the courts of the Lord. Dwelling in Myra you have diffused the fragrance of myrrh, and you pour out the ever flowing myrrh of the grace of God. By your presence most holy Father, the sea was sanctified when your most miraculous relics were carried to the city of Bari, from the East to the West, to praise the name of the Lord.

O most superb and most marvelous wonderworker, speedy helper, fervent intercessor, good shepherd that saves the rational flock from all dangers: We glorify and magnify you as the hope of all Christians, a fountain of miracles, a defender of the faithful, a most wise teacher, a feeder of the hungry, the gladness of those that mourn, a clother of the naked, a healer of the sick, a pilot of those that sail the sea, and a liberator of prisoners. We glorify and magnify you as the nourisher and protector of widows and orphans, a guardian of chastity, a gentle tutor of children, a support to the elderly, a guide of fasters, the rest of those

that labor, and the abundant riches of the poor and needy.

Father Nicholas, hear us that pray to you and flee to your protection. Show your mediation on our behalf with the Most High, and obtain through your God-pleasing intercessions all that is useful for the salvation of our souls and bodies. Keep this holy house, together with this region and every city and town, and every country, and the people that dwell therein, from all oppression through your help. For we know that the prayer of a righteous man avails much for good; and, besides and beyond the most-holy Theotokos, we have you as a righteous mediator with the All-Merciful God, and to your fervent intercession and protection we humbly hasten.

Do you, as a watchful and good shepherd, keep us from all enemies, pestilence, earthquake, hail, famine, flood, fire, the sword, the invasion of enemies, and in all our misfortunes and affliction do you give us a helping hand and open the doors of God's compassion; for we are unworthy to look upon the height of heaven because of the abundance of our unrighteousness. We are bound by the bonds of sin and have not done the will of our Creator nor kept His commandments.

Wherefore, we bow the knees of our broken and humble hearts to our Maker, and we ask your

fatherly intercession with Him. Lest we perish with our sins, deliver us from all evil, and from every adverse thing, direct our minds and strengthen our hearts in the Orthodox Faith, which, through your mediation and intercession, neither wounds, nor threats, nor plague, nor the wrath of our Creator shall lessen. Grant that we may live a peaceful life here and see the good things in the land of the living, glorifying the Father, and the Son, and the Holy Spirit, one God glorified and worshipped in Trinity, now and forever, and unto the ages of ages. Amen.

A Prayer to Saint Herman of Alaska

O most wondrous favorite of God, our Blessed Father Herman, as a good laborer you did your great spiritual work in a harsh climate in this land. In the little things you were faithful in your service to God; as the Lord said, “You have been faithful over little, I will set you over much.” And now, when this word has been fulfilled for you, the Lord has set you over our whole Church in North America as her heavenly protector. We all call on you in fervent prayer: Pray for our Holy Church. May the Lord keep the Church pure in faith. May He reveal the Church as an adornment of our land. May He protect the Church from all dark powers of the enemy. May He drive out all adversaries. May He grant us purity of Faith and beauty of soul. Grant us all the Spirit of

peace and love, the Spirit of humility and meekness. Drive out the sin of pride. Save us from self-praise. Be our guard from false teachings. Give healing to the sick; to the sorrowful be a comfort. To those who hunger for spiritual truth, give the Heavenly Food, so that we may attain our true desire, receiving the good reward at the Final Judgment. With all the saints we will praise with song the Life-Creating Trinity—the ineffable Father, the true and only-begotten Son, the Comforter, Holy Spirit, now and ever and unto ages of ages. Amen.

A Prayer to Saint Innocent, Enlightener of Alaska

O Holy Hierarch and Father Innocent: The Lord chose you and ordained you to go and bring forth much fruit in His new vineyard on the frontiers of Russia and America. You dedicated your life to building up the Body of Christ in the New World and the Old, and brought the treasures of the Holy Apostolic Faith to Alaska and Siberia.

We, your spiritual children, bow down before you and ask you to intercede for the Holy Orthodox Church in your native and adopted lands. As you were humble and kind, help us by your prayers to be patient and generous. As you persevered under difficult circumstances in a

remote and lonely region, strengthen us in our dedication to Christ and His Gospel. As you loved God and your flock and devoted your life in service to them, pray to Our Lord that our hearts may be filled with love for Him and our neighbor.

You planted the seeds of the Orthodox Faith in Alaskan soil: implore the Lord that we may be accounted worthy to continue the work you so gloriously began, to bring the Light of Christ to every corner of America. You indicated the Way into the Kingdom of Heaven by your words and example: intercede for the salvation of all of us who venerate your holy memory.

By your holy prayers may we become worthy of the precious spiritual heritage which God has entrusted to us through you, and sing eternally the praises of the Holy, Consubstantial, and Life-Creating Trinity; the Father and Creator who is without Beginning; the Son, Our Lord and Savior who became Man in order to sanctify and save us; and the Comforter, the Holy Spirit who enlightens and enlivens all, now and ever and unto ages of ages. Amen.

A Prayer to the Guardian Angel

O angel of God, my holy guardian, given to me from heaven, enlighten me this day, and save me from all evil. Instruct me in doing good deeds, and set me on the path of salvation. Amen.

Another Prayer to the Guardian Angel

O angel of Christ, holy guardian and protector of my soul and body, forgive me everything wherein I have offended you every day of my life, and protect me from all influence and temptation of the Evil One. May I never again anger God by my sins. Pray for me to the Lord, that He may make me worthy of the grace of the All-Holy Trinity, and of the blessed Mother of God, and of all the saints. Amen.



Prayers of Preparation Before **Holy Communion**

A Prayer of Saint Basil the Great

O Lord and Master Jesus Christ our God, the fountain of life and immortality, the Creator of everything visible and invisible, the eternal and everlasting Son of the eternal Father, You have come in these latter days because of the abundance of Your goodness, You have put on our human flesh and were crucified and buried for us thankless and graceless men, and through Your own blood You have renewed our human nature which is corrupted by sin. And now, O Immortal King, accept the repentance of me a sinner and incline Your ear to me and listen to my words:

I have sinned, O Lord, I have sinned before heaven and before Your Face, and I am not worthy to look upon the height of Your Glory.

I have provoked Your goodness, I have transgressed Your commandments, I have not obeyed Your statutes.

But, O Lord, since You do not remember evil, but are long-suffering and of great mercy, You have not given me over to destruction for my lawlessness, but have ever awaited my conversion.

O Lover of men, You have said by Your prophets: "I have no pleasure in the death of the wicked, but that the wicked turn from his way and live."

For You do not wish, O Master, that the work of Your hands should perish, neither do You take pleasure in the destruction of men, but You desire that all men should be saved and come to the knowledge of the truth.

Therefore, although I am unworthy both of heaven and of earth and of this passing life, having wholly yielded myself to sin and defiled Your image, yet being Your creature and of Your making, I do not despair of my salvation in my wretchedness. But made bold by Your infinite compassion, I draw near.

Receive me, O Christ, Lover of mankind, as You received the prostitute, the thief, the tax collector and the prodigal. Take away the heavy burden of my sins, for You take away the sins of the world, You heal the infirmities of men, You call to Yourself and give rest to those who labor and are heavy laden.

You have not come to call the righteous, but sinners to repentance. Cleanse me from every stain of flesh and spirit. Teach me to fulfil holiness in fear of You. That having the testimony of my own conscience clean, and

having communion of Your holy things, I may be united with Your Body and Blood and may have You to dwell and abide in me, with the Father and Your Holy Spirit.

O Lord Jesus Christ my God, may the communion of Your most pure and life-creating mysteries not bring me into judgment, nor may I become weak in soul and body by partaking in an unworthy manner, but grant me to receive communion of Your holy things without condemnation even to my very last breath, and by them to receive communion of the Holy Spirit, provision for the journey of eternal life, and an acceptable answer at Your dread judgment seat; that I, together with all Your chosen ones, may also be a partaker of the incorruptible blessings which You have prepared for those who love You, O Lord, in whom You are glorified forever. Amen.

Another Prayer of Saint Basil the Great

I know, O Lord, that I have communion unworthily of Your most pure Body and Your most precious Blood, that I am guilty and drink condemnation to myself not discerning Your Body and Blood, O my Christ and God. But daring upon Your generous loving-kindness I come to You who have said: "He who eats my flesh and drinks my blood abides in me and I in

him." Be merciful, therefore, O Lord, and do not rebuke me a sinner, but deal with me according to Your mercy, and let Your holy things be for my purification and healing, for enlightenment and protection, for the repulsion of every tempting thought and action of the devil which works spiritually in my fleshly members. Let them be for boldness and love for Thee, for the correction and grounding of my life, for the increase of virtue and perfection, for the fulfillment of Your commandments, for the communion of the Holy Spirit, for the journey of eternal life, for a good and acceptable answer at Your dread judgment, but not for judgment or condemnation. Amen.

A Prayer of Saint John Chrysostom

O Lord my God, I know that I am not worthy nor sufficiently pleasing that You should come under the roof of the house of my soul, for it is entirely desolate and fallen in ruin and You will not find in me a place worthy to lay Your head. But as You humbled Yourself from on high for our sake, so now humble Yourself to my lowliness.

As You deigned to lie in a cavern, in a manger of dumb beasts, so now deign to enter in to the manger of my beastly soul, and into my soiled body.

And as You did not disdain to enter and to eat with sinners in the house of Simon the leper, so now be pleased to enter into the house of my soul, humble and leprous and sinful.

And as You did not cast out the prostitute, the sinful woman who came to touch You, so have compassion on me a sinner who comes to touch You.

And As You did not abhor the kiss of her sin-stained and unclean mouth, do not abhor my mouth, worse stained and more unclean than hers, nor my stained and shamed and unclean lips, nor my still more impure tongue.

But let the fiery coal of Your most pure Body and Your most precious Blood bring me sanctification, enlightenment and strengthening of my lowly soul and body, relief from the burden of my many transgressions, protection against every action of the devil, repulsion and victory over my wicked and evil habits, mortification of my passions, accomplishment of Your commandments, increase of Your divine grace, and inheritance of Your kingdom.

For I do not come to You in presumption, O Christ my God, but made bold by Your unutterable goodness, lest I stray far away from Your flock, O Master, and become caught by the wolf of souls.

Therefore I pray You, O Master, for You alone are holy, sanctify my soul and body, my mind and heart, my muscles and bones. Renew me entirely. Implant fear of You in my fleshly members and let Your sanctification never be removed from me.

Be my helper and defender, guide my life in peace and make me worthy to stand at Your right hand with all Your saints.

By the prayers and supplications of Your most pure Mother, of Your spiritual servants, the most pure angelic powers, and of all the saints who from all ages have been well pleasing to You. Amen.

A Prayer of Saint John of Damascus

O Lord and Master Jesus Christ, our God, who alone has power to forgive the sins of all, do You, O Good One who loves mankind, forgive all the sins that I have committed in knowledge or in ignorance, and make me worthy to receive without condemnation Your divine, glorious, pure, and life-giving Mysteries; not to punishment or to increase of sin; but to purification and sanctification and a promise of Your Kingdom and the Life to come; as a protection and a help to overthrow the adversaries, and to blot out my many sins. For You are a God of Mercy and compassion and

love toward mankind, and to You we give glory together with the Father and the Holy Spirit; now and ever, and unto ages of ages. Amen.

Another Prayer of Saint John of Damascus

I stand before the gates of Your Temple, and yet I do not refrain from my evil thoughts. But do You, O Christ my God, who justified the publican, and had mercy on the Canaanite woman, and opened the gates of Paradise to the thief; open to me the compassion of Your love toward mankind, and receive me as I approach and touch You, like the sinful woman and the woman with the issue of blood; for the one, by embracing Your feet received the forgiveness of her sins, and the other by but touching the hem of Your garment was healed. And I, most sinful, dare to partake of Your whole Body. Let me not be consumed but receive me as You received them, and enlighten the perceptions of my soul, consuming the accusations of my sins; through the intercessions of Her that without stain or corruption gave You birth, and of the heavenly Powers; for You are blessed unto ages of ages. Amen.

A Prayer of Saint John Chrysostom

I believe, O Lord, and I confess that Thou art truly the Christ, the Son of the Living God, Who camest into the world to save sinners, of

whom I am first. I believe also that this is truly Thine own most pure Body, and that this is truly Thine own precious Blood. Therefore I pray Thee: have mercy upon me and forgive my transgressions both voluntary and involuntary, of word and of deed, committed in knowledge or in ignorance. And make me worthy to partake without condemnation of Thy most pure Mysteries, for the remission of my sins, and unto life everlasting. Amen.

Of Thy Mystical Supper, O Son of God, accept me today as a communicant; for I will not speak of Thy Mystery to Thine enemies, neither like Judas will I give Thee a kiss; but like the thief will I confess Thee: Remember me, O Lord in Thy Kingdom.

May the communion of Thy Holy Mysteries be neither to my judgment, nor to my condemnation, O Lord, but to the healing of soul and body. Amen.



Prayers of Thanksgiving after Holy Communion

Glory to You O God. Glory to You O God.
Glory to You O God.

A Prayer of Thanksgiving after Holy Communion

I thank You, O Lord my God, for You have not rejected me, a sinner, but have made me worthy to be a partaker of Your holy things. I thank You, for You have granted me, the unworthy, to commune of Your most pure and heavenly Gifts. But, O Master, who loves mankind, Who for our sakes died and rose again and gave us these awesome and life-creating Mysteries for the good and sanctification of our souls and bodies; let them be for the healing of soul and body, for the repelling of every adversary, the illumining of the eyes of my heart, the peace of my spiritual powers, a faith unashamed, a love unfeigned, the fulfilling of wisdom, the observing of Your commandments, the receiving of Your divine grace, and the attaining of Your Kingdom. Preserved by them in Your holiness, may I always remember Your grace and live not for myself alone, but for You, our Master and Benefactor. May I pass from this life in the hope of eternal life, and so attain to the everlasting rest, where the voice of those

who feast is unceasing, and the gladness of those who behold the goodness of Your countenance is unending. For You are the true desire and the ineffable joy of those that love You, O Christ our God, and all creation sings Your praise forever. Amen.

A Prayer of Saint Basil the Great

O Master Christ our God, King of the ages, Maker of all things: I thank You for all the good things You have given me, especially for the communion with Your most pure and life-creating Mysteries. I pray You, O gracious Lover of Mankind: preserve me under Your protection, beneath the shadow of Your wings. Enable me, even to my last breath, to partake worthily and with a pure conscience of Your holy Things, for the remission of sins and unto life eternal. For You are the Bread of Life, the Fountain of Holiness, the Giver of all Good; and to You we give glory, with the Father and the Holy Spirit, now and ever, and unto ages of ages. Amen.

A Prayer of Saint Simeon Metaphrastes

Freely You have given me Your Body for my food, O You Who are fire consuming the unworthy. Consume me not, O my Creator, but instead enter into my members, my veins, my heart. Consume the thorns of my transgressions.

Cleanse my soul and sanctify my reasonings. Make firm my knees and body. Illumine my five senses. Nail me to the fear of You. Always protect, guard, and keep me from soul-destroying words and deeds. Cleanse me, purify me and adorn me. Give me understanding and illumination. Show me to be a temple of your One Spirit, and not the home of many sins. May every evil thing, every carnal passion, flee from me as from a fire as I become Your tabernacle through communion. I offer You as intercessors all the saints: the leaders of the bodiless hosts, Your Forerunner, the wise apostles, and Your pure and blameless Mother. Accept their prayers in Your Love, O my Christ, and make me, Your servant, a child of light. For You are the only sanctification and light of our souls, O Good One, and to You, our Master and God, we give glory day by day.

Another Prayer

O Lord Jesus Christ our God: let Your Holy Body be my eternal life; Your Precious Blood, my remission of sins. Let this Eucharist be my joy, health, and gladness. Make me, a sinner, worthy to stand at the right hand of Your glory at Your awesome second Coming, through the prayers of Your most pure Mother and of all the saints.

A Prayer to the Theotokos

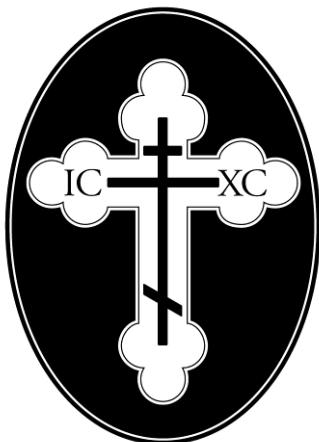
O most holy Lady Theotokos, the light of my darkened soul, my hope, my protection, my refuge, my rest, and my joy; I thank you, for you have permitted me, the unworthy, to be a partaker of the most pure Body and precious Blood of your Son. Give the light of understanding to the eyes of my heart, you that gave birth to the True Light. Enliven me who am deadened by sin, you that gave birth to the Fountain of Immortality. Have mercy on me, O loving Mother of the merciful God. Grant me compunction and contrition of heart, humility in my thoughts, and a release from the slavery of my own reasonings. And enable me, even to my last breath, to receive the sanctification of the most pure Mysteries, for the healing of soul and body. Grant me tears of repentance and confession, that I may glorify you all the days of my life, for you are blessed and most glorified forever. Amen.



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